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THE DICTIONARY OF USEFUL RECIPES AND EVERY-DAY INFORMATION.

ACCIDENTS TO BONES.

These may be classed under the two general terms, dislocation and fracture. When the end of a bone is pushed out of its natural position, it is said to be dislocated. This may be caused by violence, disease, or natural weakness of the parts about a joint.—*Symptoms:* Deformity about the joint, with unnatural prominence at one part, and depression at another. The limb may be shorter or longer than usual, and is stiff and unable to be moved, differing in these last two respects from a broken limb, which is mostly shorter, never longer, than usual, and which is always more movable.—*Treatment:* So much practical science and tact are requisite in order to bring a dislocated bone into its proper position again, that we strongly advise the reader never to interfere in these cases; unless, indeed, it is altogether impossible to obtain the services of a surgeon. But because any one of us may very possibly be placed in this emergency, we give a few rough rules for the reader's guidance. In the first place make the joint from which the bone has been displaced perfectly steady, either by fixing it to some firm object or else by holding it with the hands; then pull the dislocated bone in a direction towards the place from which it has been thrust, so that, if it moves at all from its unnatural position, it may have the best chance of returning to its proper place. Do not, however, pull or press against the parts too violently, as you may, perhaps, by doing so, rupture blood-vessels, and produce most serious consequences. When you *do* attempt to reduce a dislocated bone, do it as quickly as possible after the accident has taken place, every hour making the operation more difficult. When the patient is very strong, he may be put into a warm bath until he feels faint, or have sixty drops of antimonial wine given him every ten minutes until he feels sickish. These two means are of great use in relaxing the muscles. If the bone has been brought back again to its proper place, keep it there by means of bandages; and if there is much pain about the joint, apply a cold lotion to it, and keep it perfectly at rest. The lotion should be, a dessert-spoonful of Goulard's extract and two table-spoonfuls of vinegar, mixed in a pint of water. Leeches are sometimes necessary. Unless the local pain, or general feverish symptoms, are great, the patient's diet should be the same as usual. Dislocations may be reduced a week, or even a fortnight, after they have taken place. As, therefore, although the sooner a bone is reduced the better, there is no very great emergency, and as the most serious consequences may follow improper or too

violent treatment, it is always better for people in these cases to do too little than too much; inasmuch as the good which has not yet may still be done, whereas the evil that *has* been done cannot so easily be undone.

Where bones are fractured, the symptoms are—1. Deformity of the part. 2. Unnatural looseness. 3. A grating sound when the two ends of the broken bone are rubbed together. 4. Loss of natural motion and power. In some cases there is also shortening of the limb. — Fracture takes place from several causes, as a fall, a blow, a squeeze, and sometimes from the violent action of muscles.—*Treatment:* In cases where a surgeon cannot be procured immediately after the accident, the following general rules are offered for the reader's guidance:—The broken limb should be placed and kept as nearly as possible in its natural position. This is to be done by first pulling the two portions of the bone in opposite directions, until the limb becomes as long as the opposite one, and then by applying a splint, and binding it to the part by means of a roller. When there is no deformity, the pulling is of course unnecessary. If there is much swelling about the broken part, a cold lotion is to be applied. This lotion may be thus made:—Mix a dessert-spoonful of Goulard's extract and two tablespoonfuls of vinegar in a pint of water. When the leg or arm is broken, always, if possible, get it to the same length and form as the opposite limb. The broken part should be kept perfectly quiet. When a broken limb is deformed, and a particular muscle is on the stretch, place the limb in such a position as will relax it. This will in most cases cure the deformity. Brandy-and-water, or sal-volatile and water, are to be given when the patient is faint. Surgical aid should, of course, be procured as soon as possible.

ACCIDENTS FROM EDGE TOOLS, HARD BODIES, &c.

In all recent wounds, the first consideration is to remove foreign bodies, such as pieces of glass, splinters of wood, pieces of stone, earth, or any other substance that may have been introduced by the violence of the act which caused the wound. Where there is much loss of blood, an attempt should be made to stop it with dry lint, compressed above the part wounded, if the blood be of a florid colour; and below, if of a dark colour. In proportion to the importance of the part wounded, will be the degree of the discharge of blood, and the subsequent tendency to inflammation and its consequences.

ACCOUNTS.

It is as significant as it is useful that this word should occur so early in our dictionary, for it is certainly one of the most important terms in domestic economy; though, at the same time, it is one far too little considered and attended to. Without a good and accurate system of accounts no house can be well managed, and we venture to affirm that a very large amount of the trouble and ruin which so often comes upon families is to be referred to the neglect of, or inattention to, this most necessary point. There are but three ways of living—within our means, up to our means, and beyond our means; and there is but one way of knowing which of these we are pursuing, and this is by keeping an accurate debtor and creditor account. Many persons suffer themselves to be ruined by domestic extravagance, and when this is the case they appear quite unconscious how such a calamity could have come upon them; and instead of taking all the blame to themselves, they seem to think that they are the victims of some unforeseen accident. Unforeseen it is indeed in their case, for they have gone on with their eyes blindfolded until such an amount of debt has been incurred that it has become impossible for them to alter their course—they have dropped down with the tide so far that strength fails them in their efforts to row back.

The system of booking is generally at the bottom of all this; for it affords

Accounts.

the greatest facility for the indulgence of extravagance. It is a very easy thing to give orders, and with some persons the pleasure of giving orders is almost irresistible. Credit also with those who start in a respectable walk in life has but little limit assigned to it, so that there is really nothing to check the indulgence of the pleasure of ordering unless present payment has to be made for what we fancy we want. This, however, is generally a safeguard which may be trusted; for the disinclination to part with ready money is with most persons quite as strong as the propensity to give orders for goods which need not be paid for at the time. The safest plan, therefore, is to have nothing whatever to do with booking—to keep clear of tradesmen's bills altogether, and to have nothing for which we cannot pay ready money.

It must not, however, be considered that the payment of ready money does away with the necessity of keeping accounts. Where the articles required are so many and so various as of necessity they must be even in the most moderate establishment, every item ought to be noted down, or we shall find that the housekeeping is badly managed. It may be quite true that no debts have been incurred; but the money has not been properly or judiciously expended. Some articles have been purchased in much larger quantities or at a much higher rate than they ought, and there is no money left for the procuring of many things equally necessary or perhaps more so than those that have been bought and paid for. The great use of accounts in such cases is, that we may be able to compare our expenditure and to ascertain not only where we have been in excess, but also where any saving can be effected, or the money more judiciously laid out. If a certain sum of money a year has been agreed upon for housekeeping, it is quite as well to make this sum go as far as possible, and to use it for the efficient management of our household, by a due apportionment of it to the different items which conduce to our comfort and convenience. It is the efficient outlay of money that makes such a difference to exist among families living on the same means—a difference often so great that a stranger would say that the one must have double the income of the other. The real cause of the difference is that the one manages well and the other badly. And we venture to affirm that if we were to look beyond the surface, it would be found that in one case there is an accurate system of accounts and everything requisite provided in its proper supply; while, in the other, little or no attention is given to accounts; supplies and expenditure are left pretty much to take care of themselves, with an expression of thankfulness at the year's end if the bills can be paid. Every one who would follow a safe course and live within his means should set apart a certain portion of his income for housekeeping expenses. If his income be a fixed and certain one, he cannot prudently do otherwise; and if his income be uncertain, it will be necessary that housekeeping expenditure be fixed at such a sum that there is no fear of its exceeding the limits of a yearly average of income, which should be placed as low as possible. The amount of housekeeping money must, in all cases, have reference to what is to be included in it. There is a very wide difference of opinion as to what shall be contained under the term "housekeeping expenses." Some persons include everything—not only all eating and drinking, wages, &c. &c., but rent, rates, taxes, and personal expenditure; so that, having placed on the credit side of their account-book the full extent of their income, they make debtor side to contain every outlay; and the balance, if any, will be the savings of the year. This is decidedly the simplest and safest mode of keeping accounts for small fixed incomes. All that is required is a ruled account-book, the left page to contain the entry of all sums of money received, and the right page the entry of all payments. In larger incomes, when a fixed sum is allowed for house-

keeping, this term is taken in a much more limited sense. It is in such cases used to include all eating and drinking, firing, wages, &c.; while rent, &c., and personal expenses, are omitted. However, whatever plan is adopted, there should be a clear understanding as to what is to be included, and also how long the money is to last. Those who have to disburse housekeeping money under any circumstances should bear in mind that one part of the year is more expensive than another, and that there are casualties in every family demanding additional outlay, so that a reserve should always be made to meet contingencies. Sundries is a very convenient but a very dangerous word in housekeepers' accounts. It is the most difficult of all items to regulate, and to its charge must be laid much of the evil which results from living beyond our means. It is an easy matter to limit butchers' and bakers' bills, but it is by no means an easy matter to control some bills. Though nothing more than a common account-book is absolutely needed, there are many excellent housekeepers' account-books to be met with at any bookseller's. These will serve to assist those who may find any difficulty in the matter. We do not recommend any one book in particular, as there is a great similarity in the arrangement of all of them; and some persons may prefer items classed one way and some another. Suffice it to observe that the least elaborate are the best, simply for this reason, that they are the most likely to be the best kept; and accounts are perfectly useless unless they are accurate. Balances, monthly, quarterly, and yearly, will, in all cases, be found desirable.

ACIDITY.

The superfluity of acid which causes the irritation and pain commonly called acidity of the stomach, may be neutralized by taking about a teaspoonful of prepared chalk or calcined magnesia in a wine-glassful of water; or by gradually dissolving in the mouth and swallowing a little lump of magnesia; or by eating a small quantity of dry rice; or by an occasional small dose of King's citrate of magnesia: if these are not successful, about 10 grains of burnt carbonate of soda with 1 grain of powdered rhubarb and 1 grain of ginger in a little warm water, two or three times a day, will generally give relief.

ADDER'S POISON.

Apply spirits of ammonia on lint to the part, and give the patient frequently small doses of ammonia and warm water, till medical aid arrives.

ADDRESS.

Much inconvenience is often experienced from not knowing how to address those who hold different ranks in life; and notwithstanding it is a great breach of etiquette not to give to people, both in conversation and in writing, their proper titles, a very large amount of ignorance on the subject is found to exist. In England, besides a variety of offices which confer distinctive titles on the occupants of them, there are five orders of nobility, distinguished by the different titles of Duke, Marquis, Earl, Viscount, and Baron. By these titles the persons to whom the dignity of the peerage inheres, are entitled to be designated. They are also entitled to other additions in the mode of address, as "My Lord," "My Lord Marquis," "My Lord Duke;" also to prefixes, such as "High and Mighty Prince," "Most Noble," "Right Honourable." All members of the families of peers have also their titles of honour. The lady of a peer has rank and titles corresponding with those of her husband. All the sons and daughters of peers are Honourables; but the daughters of Earls and Peers of a higher dignity are entitled to the distinction of being called Lady, and the younger sons of Dukes and Marquises are by custom addressed as "My Lord." Let us take the five orders in rotation.

1. *Duke.* All letters addressed to a Duke should be "To his Grace the Duke of ...." or, "To the Most Noble the Duke of ...." His sons

are Right Honourables and Lords, his daughters Right Honourables and Ladies. The sons and daughters of a Royal Duke are Princes and Princesses.

2. *Marquis.* The title of a Marquis is "Most Honourable;" and when addressed by letter the direction should be, "To the Most Honourable the Marquis of ...." His sons are Right Honourables and Lords, and his daughters Right Honourables and Ladies.

3. *Earl.* When spoken to, an Earl's title is "My Lord," when addressed by letter, "To the Right Honourable the Earl of . ....."

4. *Viscount.* This is the next lower grade to an Earl. When spoken to, a Viscount should be addressed as "My Lord" or, "My Lord Viscount;" while letters are addressed "To the Right Honourable the Viscount . .. ." The sons and daughters of Viscounts are simply Honourables.

5. *Baron.* This is the lowest title of the peerage, and those who possess the dignity are entitled to be addressed as Right Honourables.

Baronets and Knights, who are not included in the peerage, are addressed as Sirs, and their wives are Ladies. A letter to the former should be superscribed "To Sir X. Y., Baronet," and to the latter, "To Sir X. Y., Knight."

Besides these there are *Spiritual Peers*, and others on whom special titles have been conferred. Archbishops have the ducal title of "Your Grace," and take precedence of all dukes except those of royal birth. The Archbishop of Canterbury ranks as the first peer of the realm, the Lord Chancellor is next, and the Archbishop of York comes third. They are called also "Most Reverend." Bishops are styled Lords, and "Right Reverend Fathers in God." The wives of Spiritual Peers do not take titles from their husbands. Reverend is the title common to all clergymen under the rank of Archdeacon, whose address is "The Venerable the Archdeacon." A Dean is the "Very Reverend the Dean of ...."

Other titles are "Worship," which belongs to Magistrates and Corporations. The Corporation of London is "The Most Worshipful," other Corporations are only "Worshipful."

A lady who derives the title of Honourable by descent, as the daughter of an Earl or Viscount, if married to a private gentleman, is always addressed by her Christian name; thus "The Honourable Mary," "The Honourable Charlotte," or "The Lady Mary," "The Lady Charlotte." But the wife of a gentleman who himself bears the title of Honourable by virtue of birth or some official distinction, is addressed as the "Honourable Mrs. A." In writing to the Queen, the form of address is "Madam, may it please your Majesty," and the superscription on the letter, "To Her Majesty the Queen of England."

ADHESIVE PLASTER.

Useful as strapping for cuts, &c.—*Ingredients:* ¾ lb. of diachylon, and ½ oz. of pounded yellow resin.—*Mode:* Put these into a jar, and melt them by the side of the fire, stirring them continually. When properly melted, and nearly cold, spread the plaster thinly on linen or thin leather. The plaster must be warmed before it is used.

ADULTERATION OF FOOD.

1. Every mistress of a house, or housekeeper, should most certainly be able to detect good food from bad. Good health and the enjoyment of life depend materially upon the food we take; too great caution, therefore, cannot be used against anything adulterated and deleterious. Of course, in many articles of food, it is the experienced chemist only who can detect adulteration; still, there are, in the case of almost all articles of ordinary consumption, certain signs and evidences by which any individual, whether he has any knowledge of chemistry or not, can distinguish that which is good from that which is bad. Care and observation are the only requisites. If we have purchased any manufactured articles of food at a cheaper rate than usual, or, perhaps, at a less

price than the materials of which they are composed can be sold for separately, we may certainly suspect something wrong. Some time ago that excellent medical journal the *Lancet* issued a commission for the examination of different articles of food. The extent of adulteration was found to be enormous, and especially so in all cases where any articles were offered to the public at a cheap rate, as an inducement to purchase. The ingredients used for adulteration, though, of course, at all times of less value than the things adulterated, were not at all times in themselves injurious. Adulterations appear to be classified under three heads.

First come those where spurious materials are made use of to increase the quantity and weight of the genuine articles: these ingredients for adulteration being not necessarily injurious, but in every case cheaper than the materials for which they are made the substitute.

The second are those where ingredients are added to improve the appearance of articles of bad quality, or to give an appearance of reality to articles that are not genuine. In this form of adulteration, many very deleterious and even poisonous ingredients are made use of. There are included under it all colouring matters, oftentimes of a most deadly character,—red lead, arsenic, and preparations of copper and mercury.

The third are those where spurious ingredients are added to improve the flavour of articles of low quality or out of condition, to give an increase of pungency or bitterness where these qualities are needed, but do not exist. Of course, there are many occasions wherein all these purposes are effected by one operation. The one material used for adulteration may, at the same time, give increase of weight and improve the appearance and flavour of an article of inferior quality, making it yield a higher profit at the expense of the purchaser. To guard against these tricks of trade, there is no safer plan than always to deal with tradesmen of respectable characters, and to be contented to pay a fair price for the articles we purchase. No honest man can live by selling things at a "great sacrifice;" and wherever this profession is made in articles of food, the purchaser may rest assured that he is being cheated in the quality of his goods, and it will be well for him if, at the same time, he escapes being poisoned into the bargain.

AGREEMENT.

This is a term with which almost every householder at some time or other has something to do. It is usual, on taking a house for a term of years, where the lease is a repairing one, to agree for a lease to be granted on completion of repairs according to specification, or otherwise. This agreement should contain the names and designation of the parties, a description of the property, and the term of the intended lease, and all the covenants which are to be inserted, as no verbal evidence can be given to contravert a written agreement. It should also declare that the instrument is an agreement for a lease, and not the lease itself. The points to be settled in such an agreement are, the rent, the term, and especially covenants for insuring and rebuilding in the event of a fire; and if it is intended that the lessor's consent is to be obtained before assigning or underleasing, a covenant to that effect is required in the agreement. In building-leases, usually granted for 99 years, the tenant is to insure the property; and even where the agreement is silent on that point, the law decides it so. It is otherwise with ordinary tenements, when the tenant pays a full, or what the law terms rack-rent; the landlord is then to insure, unless it is otherwise arranged by the agreement or lease.

It is important for lessee, and lessor also, that the latter does not exceed his powers. A lease granted by a tenant for life before he is properly in possession, is void in law; for, although a court of equity will, "by force of its own jurisdiction, support a *bonâ-fide* lease, granted under a power which is merely erroneous in form or ceremo-

nies," and the 12 & 13 Vict. c. 26, and 13 & 14 Vict. c. 19, compel a new lease to be granted with the necessary variations, yet the lessor has no power to compel the intended lessee to accept such a lease, except when the person in remainder is competent and willing to confirm the original lease without variations; yet all these difficulties involve both delay, cost, and anxieties.

In husbandry leases, a covenant to cultivate the land in a husbandlike manner, and according to the custom of the district, is always implied; but it is more usual to prescribe the course of tillage which is to be pursued. In the case of houses for occupation, the tenant would have to keep the house in a tenantable state of repair during the term, and deliver it up in like condition. This is not the case with the tenant-at-will, or from year to year, where the landlord has to keep the house in tenantable repair, and the tenant is only liable for waste beyond reasonable wear and tear.

AGUE.

This complaint is very common in some parts of the country, and quite unknown in others. Low, marshy places are most liable to it; but it is not confined to them. It is indicative of a low state of the system, and generally yields to small doses of quinine, which should be persevered in whenever an attack is apprehended. The complaint being of a local character, there are many very good and simple local remedies. A very favourite and often very efficacious one is to beat up a new-laid egg in a glass of brandy, and drink it on going to bed. Another: take 30 grains of snakeroot, 40 grains of wormwood, ½ oz. of the best powdered Jesuit bark, and ½ pint of port wine. Put these into a wine-bottle, shake it well each time before using, and take a fourth part of it twice a day, viz., the first thing every morning and on going to bed. Half the quantity is a proper dose for a child. When the fits are very severe, they may be mitigated by taking a small dose of ipecacuanha, a scruple in an ounce of water, just sufficient for a slight emetic, about an hour before the attack is expected; but this should be avoided if possible, as tending to weakness. The extremities should be kept warm, and occasional perspiration promoted.

AIR IN APARTMENTS, TO DISINFECT.

Chlorine is the most effectual gas for the purpose of disinfecting the air in apartments. To produce chlorine for the purpose of fumigating or disinfecting, put 10 ounces of common salt well dried, 2 ounces of powdered black oxide of manganese, into an earthen pan, together with 6 ounces of strong sulphuric acid, diluted with 4 ounces of water. The earthenware vessel should be placed in hot sand. This will be sufficient for a room forty feet by twenty. It is found that chlorine will combine with pure lime and pure soda, making chloride of lime and chloride of soda, but that the affinity of chlorine for these substances is very weak. Chloride of lime and chloride of soda are the substances now used, as the most convenient and the most effectual preparations for the purpose of disinfecting. In cases where infectious diseases are so near that danger is apprehended, chloride of lime or of soda is the best known preventive; and it is so safe that it may be used wherever there are sick patients, except in the commencement of fever, when it would be hurtful for them to remain in the room with the gas.

AIR BEDS.

These are very useful for invalids, as they maintain a uniformly soft surface, and do not, like feather beds, take an unyielding impression from the weight of the body lying upon them. They require no "making," as it is termed, and an invalid can, without difficulty, change his position upon them. They are made of some air-tight material. When in use they require to be filled with air; but when not in use, the air may be let off by means of the valve, and the bed folded up. Great care should be taken that the valve is in proper order, or the bed may collapse,

and cause much annoyance to the patient.

ALABASTER CEMENTS.

1. Finely-powdered plaster of Paris made into a cream with water. 2. Melt yellow resin, or equal parts of yellow resin and beeswax; then stir it in half as much plaster of Paris. The first is used to join and fit together pieces of alabaster or marble, or to mend broken plaster figures. The second is used to join alabaster, marble, porphyry, Derbyshire spar, and any similar substances that will bear being heated. It must be applied hot, and the stone must be made warm. Derbyshire and some other stones may also be joined by heating them sufficiently to melt a lump of sulphur, with which their edges must then be smeared, after which they must be placed together, and held so until cold. Little deficiencies, as chips out of the corners, &c., may be filled up with melted sulphur or bleached shellac, coloured to any shade, as required.

ALCHYMIST'S LIQUID.

Make a strong solution of sulphate of copper; if a piece of silver be dipped into this, it will come out unchanged, but if the polished blade of a penknife or a piece of *polished* iron be dipped into the same solution, the iron will instantly put on the appearance of copper: take the piece of silver, hold it in *contact with the iron*, and then, in this situation, dip them into the same solution, and both will be covered with copper.

ALCOHOL.

This term so often occurs in recipes, and is used in such a vague sense, that it seems to require some little explanation. The word itself is of Arabic origin, and is the chemical name for what is sometimes termed ardent spirit, sometimes spirits of wine. Alcohol, however, is the intoxicating property of beer and all fermented liquors, as well as of wine and spirits, generally so called. For all practical purposes, in ordinary recipes, that which is called alcohol is not to be taken to be pure alcohol; but that which contains it in a greater or a less degree; viz., spirits of wine more or less strong, gin, brandy, &c. &c. What is called proof spirit is a mixture of nearly equal measures of water and of alcohol. It is this mixture which in our country is taken to regulate the spirit duty.

ALE FLIP.

Good for a cold in the head, and in all cases of sudden chill.—*Ingredients:* 1 pint of strong ale, 2 new-laid eggs, 1 tablespoonful of moist sugar, nutmeg to taste.—*Mode:* Set the ale over the fire and let it just boil. Have ready the eggs well beaten up with the sugar and nutmeg, put them into a large jug, and at the moment of boiling pour the ale upon them gradually, beating up the compound all the time. Then take another jug and pour the flip backwards and forwards very rapidly, frothing it into each jug. This operation is a very important one; it not only helps to cool the ale, but makes the flip very soft and finely frothed, in which state it should be drunk at once while warm. It will be found very beneficial if taken the last thing before going to bed.

ALE, HOME-BREWED.

One bushel and ¾ of ground malt, and 1 pound of hops, are sufficient to make 18 gallons of good family ale. That the saccharine matter of the malt may be extracted by infusion, without the farina, the temperature of the water should not exceed 170° F. The quantity of water should be divided into two portions, one of which should be poured upon the malt as speedily as possible; and the whole being well mixed together by active stirring, the vessel should be closely covered over for one hour, or if the weather be cold, for one hour and a half. If hard water be employed, it should be boiled, and the temperature allowed, by exposure to the atmosphere, to fall to about 165°; but if rain-water be used, it may be added to the malt as soon as it reaches that point. After standing the proper time, the wort must be drawn off into

another vessel, and the second portion of the water poured on, which should be allowed to mash one hour. The first wort may then be boiled with half a pound of hops for one hour, by which time the second mashing will be ready to be drawn off, and should be boiled for half an hour with a quarter of a pound of fresh hops. The two liquors should now be mixed and cooled down to the temperature of 60°, when 1 pint of good thick yeast should be well stirred in; and as soon as the fermentation is completed, the liquor may be drawn off into a cask previously rinsed with boiling water. When the slow fermentation which will ensue has ceased, the cask should be loosely bunged for two days, after which, if the liquor be left quiet, the bung may be properly fastened. A third mashing may be made for table beer.

ALE OR BEER, TO RECOVER WHEN FLAT.

Take 5 gallons from the hogshead of flat ale or beer, and boil with 5 pounds of honey; skim the liquor well, and, when cold, put it back into the hogshead, and bung it up close.

ALE POSSET.

Useful to promote perspiration during a cold. Boil a small piece of crumb of bread in ½ pint of new milk. Warm ½ pint of strong ale, and put a little nutmeg and sugar to it; pour the boiling milk upon the ale, let it stand a minute to clear, and drink it warm on going to bed.

ALE, SPICED.

Boil 1 quart of good ale with some nutmeg, beat up 6 eggs, and mix them with a little cold ale, then pour the hot ale to it, and return it several times to prevent it curdling; warm, and stir it till sufficiently thick; add a piece of butter, or a glass of brandy, and serve it with dry toast.

ALKALINE DENTIFRICE.

Ingredients: 2 oz. powdered talc, ¼ oz. of bicarbonate of soda, 4 grains of

carmine, 8 drops of oil of mint.—*Mode:* Mix the first three ingredients thoroughly, and flavour with the oil of mint.

ALKALIS, POISONING BY, TO COUNTERACT.

The alkalis are: *Potash*, *Soda*, and *Ammonia*, or common *Smelling-Salts*, with their principal preparations—*Pearlash*, *Soap Lees*, *Liquor Potassæ*, *Nitre*, *Sal Prunella*, *Hartshorn*, and *Sal-Volatile*. Alkalis are seldom taken or given with the view of destroying life. They may, however, be swallowed by mistake.—*Symptoms produced in those who have swallowed them.* There is at first a burning, acrid taste in, and a sensation of tightness round, the throat, like that of strangling; the skin touched is destroyed; retching, mostly followed by actual vomiting, then sets in; the vomited matters often containing blood of a dark brown colour, with little shreds of flesh here and there, and always changing vegetable blue colours green. There is now great tenderness over the whole of the belly. After a little while, great weakness, with cold, clammy sweats, a quick weak pulse, and purging of bloody matters, takes place. The brain, too, mostly becomes affected.—*Treatment:* Give two tablespoonfuls of vinegar or lemon-juice in a glassful of water every few minutes until the burning sensation is relieved. Any kind of oil or milk may also be given, and will form soap when mixed with the poison in the stomach. Barley-water, gruel, arrowroot, linseed-tea, &c., are also very useful, and should be taken constantly, and in large quantities. If inflammation should take place, it is to be treated by applying leeches and warm poppy fomentations to the part where the pain is most felt, and giving two tablespoonfuls of the fever-mixture every four hours. The diet in all these cases should only consist of arrowroot or gruel for the first few days, and then of weak broth or beef tea for some time after. When very strong fumes of smelling-salts have in any way been inhaled, there is great

difficulty of breathing, and alarming pain in the mouth and nostrils. In this case let the patient inhale the steam of warm vinegar, and treat the feverish symptoms as before.

ALMOND EMULSION,

Useful for removing sunburns.—*Ingredients:* ½ oz. of blanched bitter almonds, ½ pint of soft water. Pound the almonds in a mortar, and beat them well into the water with a silver fork. When thoroughly beaten, strain off the liquid and bottle it for use.

ALMOND PASTE.

To remove freckles and make the skin soft and delicate.—*Ingredients:* 1 oz. of bitter almonds, 1 oz. of barley flour, a little honey.—*Mode:* Blanch the almonds and reduce them in a mortar to a fine powder; add in the barley flour and mix all into a smooth paste by adding the proper amount of honey.

ALMONDS, TO POUND.

Almonds are most easily pounded, and less liable to become oily, if dried a little in a very gentle degree of heat after they are blanched; they may be left in a warm room for two or three days, lightly spread on a large dish or tin. They should be sprinkled during the beating with a few drops of cold water, or white of egg or lemon-juice, and pounded to a smooth paste. This is said to be more easily done when they are first roughly chopped, but we prefer to have them thrown at once into the mortar.

ALUM, TO DETECT IN BREAD.

The use of alum in bread, notwithstanding it is expressly prohibited by Act of Parliament, is still very common. There can be no doubt about the ill effects of it. "It is my deliberate opinion," says Dr. Gibbon, "that, although alum is not a poison, yet that its use in the manufacture of bread is injurious to health, and concurs, indirectly, with other things, in increasing mortality, especially of young children, the staple article of whose dietary is bread." The bakers use alum because it increases the whiteness of bread and enables them to use an inferior flour. It also imparts to the loaf a neatness and lightness which, when made of inferior material, it can never obtain without it. The chemical action of alum on moistened flour is analogous to tanning. It destroys in a considerable degree its nutritiveness. It converts the gluten of the flour into a kind of tough tenacious wash-leather, difficult of digestion. This gives the dough a firmness, and enables it to retain the thousands of little air-bubbles given off by the yeast, which constitute in it an apparent lightness. Hence flour so bad that it will not rise may be made "to rise" by means of alum. Another object in the use of alum is, that it preserves the upright form of the loaves, and enables them, as the baker expresses it, "to part clean" when the batch comes out of the oven. In the absence of chemical analysis, the unalumed loaf may be distinguished from the alumed one by these characteristics: It is not so white; it is not so bulky; it is not so symmetrical; it bites shorter; and, above all, it is free from the sour taste which invariably attends the presence of alum. There is also another test which is very important: unalumed bread a day or two old, crumbles with the greatest facility; whereas, alumed bread, however old, crumbles with difficulty. Of course, nothing short of a scientific analysis can speak positively as to the presence of alum in bread, but the hint we have here given ought to be quite enough to make us suspect the use of it, and to reject loaves which are so characterized.

ALUM BASKET, CRYSTALLIZED.

Dissolve alum in rather more than twice as much water as will be required to cover the basket and its handle. Put in as much alum as the water will take up. When it will take no more, it becomes a saturated solution of alum.

Boil this solution in an earthen jar, or pipkin, until it is reduced to nearly half its quantity. Then suspend the basket to be crystallized by a little stick across the top of the jar in such a manner that both basket and handle may be covered with the solution. The basket may be made of wire or sticks, but every part of it must be carefully bound over with yarn or worsted, so as to present a rough surface to which the crystals may attach themselves. It is of the greatest importance that the jar containing the basket be set away, while the crystals are forming, in some place where not even the slightest motion can disturb the process. The crystals may be coloured by boiling any kind of clear dye in the solution; for yellow, use a little gamboge, saffron, or turmeric; for red, cochineal; for purple, a little logwood.

AMADOU.

This useful material is easily prepared. It may be obtained from several sorts of fungi, especially from the different species of Polyporus. These hard and córky fungi should be cut into slices, the outer bark being removed with a sharp knife. The slices must then be beaten soft with a mallet until the substance can easily be pulled asunder between the fingers. In this state it is valuable for stopping hæmorrhages, and for other surgical purposes. It may also be converted into tinder by boiling it in a strong solution of nitre, drying it, and heating it again. To increase its power, the process may be repeated. It may also be rendered very inflammable by saturating it with gunpowder. The German tinder used by tobacconists is amadou soaked in nitre. Corn-plasters also are made of amadou, one side of which is washed over with a strong gum, in order that the plaster may adhere to the foot.

AMERICAN DRINKS.

Our neighbours across the Atlantic are celebrated for the variety of their drinks, which are generally more delicate in flavour than in name. Recipes for the preparation of some of the most approved will be found in the following pages, under the titles of Sherry Cobbler, Gin-sling, Egg Nogg, Brandy-smash, Poney-punch, Night-cap, Cocktail, Mint Julep, Pineapple Julep, Ching-Ching, Knickerbocker, Sleeper, Locomotive, &c.

AMERICAN GINGER-BEER.

Ingredients: White sugar 5 lb., lemon-juice 1 gill, honey ¼ lb., bruised ginger 5 oz., water 4½ gals.—*Mode:* Boil the ginger in 3 quarts of water for half an hour; and then add the sugar, lemon-juice, honey, and the rest of the water. Strain the whole through a cloth. When the mixture is cold, add a quarter of the white of an egg and a small teaspoonful of essence of lemon. Let it stand four days, and then bottle it. Ginger-beer made in this manner, and tightly corked, will keep six months.

AMMONIACAL LOTION.

Useful for bruises when the skin is not broken.—*Ingredients:* ½ oz. of liquid subcarbonate of ammonia and 1½ oz. of camphorated spirit.—*Mode:* Mix them thoroughly in a bottle, and apply the lotion to the part with a soft rag.

ANODYNE PLASTER.

Useful in any acute local pain, especially of a nervous kind.—*Ingredients:* 1 drachm of powder of opium, 1 drachm of camphor, olive-oil, 1 oz. of adhesive plaster.—*Mode:* Dissolve the opium and camphor with a little olive-oil; melt 1 oz. of adhesive plaster and work the other ingredients well and evenly into it. Lay the plaster on the part affected.

ANTIBILIOUS PILLS.

Ingredients: 1 drachm of powdered gum scammony, ½ drachm of compound extract of colocynth, ½ drachm of Castile soap, spirit or mucilage sufficient to make a paste. Divide this quantity into 24 pills, and take one or two at bedtime for a dose.

ANTI-CORROSIVE OIL.

Take any quantity of olive-oil, put it into a wide-necked bottle, and insert therein a few coils of very thin sheet-lead; cork the bottle and expose it to the sunshine for three or four weeks; then pour off all that is quite clear. This oil will never corrode or thicken, and will be found very valuable for watchmakers' purposes, and for all delicate machinery.

ANTI-FRECKLE LOTION.

Ingredients: 2 oz. of tincture of benzoin, 1 oz. of tincture of tolu, ½ drachm of oil of rosemary. *Mode:* Mix the ingredients well in a corked bottle. When required for use, add a teaspoonful of the mixture to a wineglassful of water, and apply the lotion where required night and morning, gently dabbing it in with a soft linen cloth.

ANTI-FRECKLE LOTION, Another.

Ingredients: 1 oz. of rectified spirit of wine, 1 drachm of hydrochloric acid or spirit of salt, and 7 oz. of water.—*Mode:* Mix the acid very gradually with the water, and then add the spirit of wine. Apply this lotion where required by means of a camel's hair brush or a piece of flannel.

ANTS, TO DESTROY.

Where these are found troublesome in houses, they may be destroyed in the following manner:—Sprinkle a slightly moist sponge with dry white sugar. The ants will go into the cells of the sponge in numbers, and the sponge may then be thrown into boiling water, squeezed out, and sugared again, till all the ants are destroyed; or, they may be destroyed by pouring ammoniacal gas-water in their runs and nests; and also in meadows, by the following simple method:—Cut off the hillocks with a sharp spade, leaving a little mould to form a basin; then pour in strong ammoniacal liquor; this will be found the easiest and best method of getting rid of these troublesome little pests; or, again, slightly bruise some sage-leaves and strew them about the spots infested with ants, and in a short time they will disappear.

A French agriculturist, M. Garnier, has just announced what he calls an infallible method for getting rid of ants. In a corner of his garden infested with legions of these insects, he placed four saucers containing sugar-and-water, with the tenth of its weight of arsenic in the mixture. A number of ants immediately invaded the saucers, and were soon after seen staggering away; on the following day not a single one was to be found.

APARTMENTS, TO PERFUME.

The best and most simple method to diffuse the odour of any perfume throughout an apartment is to make use of a spirit-lamp. Into this lamp put the essence or scent, which should not contain water. Provide the lamp with a thick lamp cotton, and place slightly above the cotton a small ball of spongy platinum; then set light to the wick, and when the platinum is red-hot, which will be the case in a few seconds, blow out the flame. The platinum ball will continue in a state of ignition as long as any spirit remains in the bottle, throwing off the perfume and vapour as it arises by means of the wick, and diffusing it generally throughout the whole apartment. In the absence of a spirit-lamp, a narrow-necked bottle may be made use of; but care must be taken that it does not crack when the cotton is alight. The lamp is the safest.

APERIENT MIXTURE.

Dissolve 1 oz. of Epsom salts in ½ pint of senna tea; take a quarter of the mixture as a dose, and repeat it in three or four hours if necessary.

APERIENT MIXTURE suitable for Spring.

Ingredients: 2 oz. of Epsom salts, 2 drachms of calcined magnesia, 60

drops of essence of peppermint, ½ pint of peppermint-water, and 1 quart of spring water.—*Mode:* Mix well together; dose, one wineglassful every morning.

APERIENT PILLS (Dr. Murray's).

Ingredients: Compound extract of colocynth 16 grs., submuriate of mercury (calomel) 4 grs.—*Mode:* Mix these, and divide them into five pills. Take two at bedtime and one the next morning, and repeat the dose if necessary.

APERIENT POWDER FOR A CHILD.

Scammony 3 grains, rhubarb 3 grains, jalap 3 grains, ginger 1 grain.

APOPLEXY.

In all cases of apoplexy, with the least possible delay, place the patient upon a couch in a sitting posture, the head well raised and supported; remove the neckcloth, open the shirt and all other clothes; be careful to administer nothing by the mouth. Send for a surgeon at once, and if one cannot be procured, apply six leeches to the temples, if the pulse be strong.

These fits may be divided into two kinds—the *strong* and the *weak*.

1. *The strong kind.*—These cases mostly occur in stout, strong, short-necked, bloated-faced people, who are in the habit of living well.—*Symptoms:* The patient may or may not have had headache, specks before his eyes, with confusion of ideas and giddiness, for a day or two before the attack. When it takes places, he falls down insensible; the body becomes paralyzed, generally more so on one side than the other; the face and head are hot, and the blood-vessels about them swollen; the pupils of the eyes are larger than natural, and the eyes themselves are fixed; the mouth is mostly drawn down at one corner; the breathing is like loud snoring; the pulse full and hard.—*Treatment:* Place the patient immediately in bed, with his head well raised; take off everything that he has round his neck, and bleed freely and at once from the arm. If you have not got a lancet, use a penknife, or anything suitable that may be at hand. Apply warm mustard poultices to the soles of the feet and the insides of the thighs and legs; put two drops of castor oil, mixed up with eight grains of calomel, on the top of the tongue, as far back as possible; a most important part of the treatment being to open the bowels as quickly and freely as possible. The patient cannot swallow; but these medicines, especially the oil, will be absorbed into the stomach altogether independent of any voluntary action. If possible, throw up a warm turpentine clyster (two tablespoonfuls of oil of turpentine in a pint of warm gruel), or, if this cannot be obtained, one composed of about a quart of warm salt-and-water and soap. Cut off the hair, and apply rags dipped in weak vinegar-and-water, or weak gin-and-water, or even simple cold water, to the head. If the blood-vessels about the head and neck are much swollen, put from eight to ten leeches on the temple opposite to the paralyzed side of the body. Alway send for a surgeon immediately, and act according to the above rules, doing more or less, according to the means at hand, and the length of time that must necessarily elapse until he arrives. A pint, or even a quart of blood in a very strong person may be taken away. When the patient is able to swallow, give him the No. 1 pills and the No. 1 mixture directly. (The No. 1 pills are made as follows:—Mix 5 grains of calomel and the same quantity of antimonial powder with a little bread-crumb: make into two pills, the dose for a full-grown person. For the No. 1 mixture, dissolve an ounce of Epsom salts in half a pint of senna tea: take a quarter of the mixture as a dose.) Repeat these remedies if the bowels are not well opened. Keep the patient's head well raised, and cool as above. Give very low diet indeed: gruel, arrowroot, and the like When a person is recovering, he should

have blisters applied to the nape of the neck, his bowels should be kept well open, light diet given, and fatigue, worry, and excess of all kinds avoided.

2. *The weak kind.*—*Symptoms:* These attacks are more frequently preceded by warning symptoms than the first kind. The face is pale, the pulse weak, and the body, especially the hands and legs, cold. After a little while, these symptoms sometimes alter to those of the first class in a mild degree.—*Treatment:* At first, if the pulse is *very feeble indeed*, a little brandy-and-water or sal-volatile must be given. Mustard poultices are to be put, as before, to the soles of the feet and the insides of the thighs and legs. Warm bricks, or bottles filled with warm water, are also to be placed under the armpits. When the strength has returned, the body become warmer, and the pulse fuller and harder, the head should be shaved, and wet rags applied to it, as before described. Leeches should be put, as before, to the temple opposite the side paralyzed, and the bowels should be opened as freely and as quickly as possible. Bleeding from the arm is often necessary in these cases, but a non-professional person should never have recourse to it. Blisters may be applied to the nape of the neck at once. The diet in these cases should not be so low as in the former—indeed, it is often necessary, in a day or so after one of these attacks, to give wine, strong beef-tea, &c., according to the condition of the patient's strength.

It is very necessary to be acquainted with the distinction between apoplexy and several other complaints.

Distinctions between Apoplexy and Epilepsy.—1. Apoplexy mostly happens in people *over thirty*, whereas epilepsy generally occurs under that age; at any rate, for the first time. A person who has epileptic fits over thirty, has generally suffered from them for some years. —2. Again, *in apoplexy* the body is *paralyzed*, and, therefore, has not the *convulsions which take place in epilepsy.* —3. The peculiar *snoring* will also distinguish apoplexy from epilepsy.

Distinctions between Apoplexy and Drunkenness.—1. The known habits of the person.—2. The fact of a person who was perfectly sober and sensible a little time before, being found in a state of insensibility.—3. The absence, in apoplexy, of the *smell of drink* on applying the nose to the mouth.—4. A person in a fit of apoplexy cannot be roused at all; in drunkenness he mostly can, to a certain extent.

Distinction between Apoplexy and Hysterics.—Hysterics mostly happen in young, nervous, unmarried women; and are attended with convulsions, sobbing, laughter, throwing about of the body, &c. &c.

Distinction between Apoplexy and Poisoning by Opium.—It is exceedingly difficult to distinguish between these two cases. In poisoning by opium, however, we find the particular smell of the drug in the patient's breath. We should also, in forming our opinion, take into consideration the person's previous conduct—whether he has been low and desponding for some time before, or has ever talked about committing suicide.

AQUARIUM.

A good aquarium is a great ornament in every house. In forming the bed of the fresh-water tank, says a writer of much experience, we should advise the use of sharp sand only, with a few pebbles, the whole washed previously. Writers on aquarian subjects have invariably recommended the use of mould; but the tank can be kept more free from objectionable vegetable growths, and hence more brilliantly transparent, if pure sand be used; while all the ordinary weeds, Vallisneria, Anacharsis, lilies, &c., grow just as well in sand as in mould; and if the barbel are inclined to stir it up with their bearded snouts, there is no muddy deposit on the sides of the vessel in consequence. Indeed, when a hungry loach smells a worm, he will stir up the bottom as violently as a cook would stir up batter; and if there be any solvent matter there, the leaves of Vallisneria and Stratoides will

Aquarium.

soon be coated with slime, and upon that slime fucus will soon appear.

As to the plants for a fresh-water tank, there is scarcely a weed to be found in any brook or river but may be safely transplanted to it, a little washing and trimming being necessary to remove decaying matter. Vallisneria spiralis is essential, for it is one of the best oxygen-makers, a free grower, and very elegant in outline; the great water-soldier (Stratoides), with its spiny leaves shaped like those of the Yucca gloriosa, and with its elegant offshoots starting up like so many umbrella-frames on very long stems, is another good oxygen-maker. The new water-weed, Anacharsis alsinastrum, the pretty Ranunculus aquatalis, Myriophyllum spiratum, and Potomageton of any species, besides the smaller kinds of water-lily, flourish amazingly, and give the tank a fresh and luxuriant appearance. To those who live in the north, we commend a little plant which may be found on the shallow margins of lakes at great elevations. It is the pretty awl-wort, Subularia aquatica, a member of the extensive family of Cruciferæ. It produces numerous rush-like leaves, each of them curved at the point like a cobbler's awl—whence its name; and in July sends up a little head of tetraform white blossoms very like those of the water-cress. Though somewhat rare, it takes to its in-door home kindly, and blooms freely beneath the surface, very much to the astonishment of non-botanical observers. Unlike the marine tank, the fresh-water vessel may be stocked with fishes and plants at the same time; but the precaution must be taken to throw in a few handfuls of some common weed, which should be left to float about and supply oxygen until the plants in the bottom have taken root.

A mass of floating weeds is a decided improvement to the tank, and creates a rich green shadow, in which the fish delight, and most of the succulent weeds from brooks will flourish in this way for months, and even increase greatly by the many white rootlets they send down from their joints, some of which will probably reach the bottom and produce a forest of vegetation.

Among the animal stock, minnows, carp, barbel, stone-loach, perch, dace, roach, bream, bleak, and chub, and water-lizards are all suitable. Dace and roach are the most delicate; carp and minnows the most hardy. We have at the present time, continues the writer to whom we are indebted for these interesting notices, above a hundred of various kinds of fresh-water fish, some of them so tame as to take food from the hand, and even nibble the fingers sharply; they swarm to the side of the vessel when we tap it with the finger-nails, and will hunt a piece of bread or white of egg, as we move it up and down outside, in a lively style, that would make phlegmatic dulness laugh itself into hysterics at any time.

The molluscs to be most strongly recommended are Planorbis corneus, a handsome snail of a ram's-horn shape, Paludina vivipara, all the kinds of Lymnea, Bithinia tentaculata, and the very useful bivalves; the swan mussel, Anodon cygneus, and the dark mussel, Unio pictorum. Though we recommend these, we are bound to add that the Lymnea, though good cleaners, are given to the vice of eating the Vallisneria and the Stratoides; that Paludina is of little use as a cleaner, his beauty only recommending him; and that Planorbis is the best of all cleaners, and rarely deserts the side of the vessel, where snails should remain as much as possible.

In every case, the success of an aquarium depends upon the adjustment of a fair balance of forces, and if care be taken to remove any matter that might decay and create corruption, and to introduce only such animal life as the plants are able to supply with oxygen, death will then be a rare event. The water should *not be changed at all.* That is one of the leading features of the aquarium; and if you cannot keep your stock in health without a change of water, depend upon it you have gone the wrong way to work, and must begin

again *de novo*. An important matter is to avoid overstocking; keep down the amount of animal life until the plants are strong, and then increase it slowly, so as to see your progress safely. Whenever you find your fishes gasping at the surface, be sure that there is an insufficiency of oxygen, and shift a few to another vessel; for whenever a fish stands upon his tail at the surface for any length of time, it is certain that disease is at work, and that his hours are numbered.

ARECA-NUT TOOTH-POWDER.

Ingredients: 3 oz. of areca nut, 1 oz. of cuttlefish bone, cloves or cassia.—*Mode:* Reduce to a very fine charcoal 2½ oz. of areca nut, and pound as finely as possible the other ½ oz. in its raw state. The cuttlefish bone must also be finely powdered. Mix these ingredients well together, and flavour with cloves or cassia according to taste.

ARMENIAN CEMENT.

A valuable cement much used in Turkey, and in the East, for setting precious stones in articles of jewellery.—*Ingredients:* Five or six pieces of gum mastich the size of a large pea, spirits of wine, isinglass, French brandy or strong rum, two small pieces of gum galbanum or ammoniacum.—*Mode:* Dissolve the gum mastich in as much spirits of wine as will just render it liquid; then in another vessel dissolve as much isinglass (previously softened in water, but well drained) in as much brandy or rum as will make a 2 oz. phial of strong glue; add to this the gum galbanum or ammoniacum, which must be reduced to a powder, and dissolved by stirring. After this mix by heat the two quantities; keep the glue in a closely-stopped bottle, and before using it set the bottle in warm water to render it liquid.

ARNICA.

Tincture of arnica is one of the most useful and valuable applications for bruises, and indeed for all sorts of flesh wounds, whether the skin be broken or not. An ounce of the tincture will cost about 1s. It should be kept upright in a well-corked bottle. When required for use, the general proportions should be one part of arnica to ten parts of cold spring water. It should be applied three or four times a day on a piece of soft lint.

AROMATIC TINCTURE.

Useful to remove languor and promote digestion and appetite. *Ingredients:* 1½ oz. of Peruvian bark bruised, 1 oz. of dried and bruised orange-peel, 1 pint of brandy. *Mode:* Infuse the other ingredients in the brandy for ten days, shaking the bottle every day; then let it settle for two days, and pour off the clear liquid. A teaspoonful may be taken in a wineglass of water twice a day. After the first infusion, another pint of spirit may be put on the dregs and remain two or three weeks.

AROMATIC VINEGAR.

Ingredients: 2 quarts of best vinegar, 2 oz. of sage-leaves, 2 oz. of rosemary, 2 oz. of mint, 2 oz. of rue, and 2 oz. of wormwood, ½ oz. of camphorated spirits of wine. *Mode:* Put the vinegar, with the sage, rosemary, mint, rue, and wormwood, into a jar, and let it stand by the side of the fire for a week; then strain it, and add the spirits of wine.

ARROWROOT.

This most excellent product, so useful in all cases of sickness when the patient cannot take solid food, should be kept in every family. Great care, however, must be taken to procure the genuine article, for experience has proved that arrowroot is very frequently adulterated, not perhaps with anything deleterious, but with substances of inferior quality and of less value. Potato-starch, tapioca-starch, and sago, are generally employed for the purpose. Good arrowroot cannot be purchased at a less price than 1s. 6d. per pound, Anything sold in the name of arrowroot under this price cannot be genuine. In

order to ascertain whether arrowroot be genuine or not, the following tests may be made use of by the unprofessional. Mix real Maranta arrowroot with twice its weight of concentrated muriatic acid, and the result will be an opaque paste. Do the same with arrowroot adulterated with potato-starch, and the result will be transparent and jelly-like. Potato-starch, also, when boiled with water and sulphuric acid, evolves a peculiar and disagreeable odour, which is not the case with genuine arrowroot if treated in the same manner. Again, alcohol or pure spirits of wine extracts from potato-starch an acrid oil, not contained in true arrowroot.

ARSENIC, POISONING BY, TO COUNTERACT.

Mostly seen under the form of white arsenic, or fly-powder, and yellow arsenic, or king's yellow.—*Symptoms produced in those who have swallowed it:* These vary very much, according to the form and dose in which the poison has been taken. There is faintness, depression, and sickness, with an intense burning pain in the region of the stomach, which gets worse and worse, and is increased by pressure. There is also vomiting of dark brown matter, sometimes mixed with blood; and mostly great thirst, with a feeling of tightness round, and of burning in, the throat. Purging also takes place, the matters brought away being mixed with blood. The pulse is small and irregular, and the skin sometimes cold and clammy, and at others hot. The breathing is painful. Convulsions and spasms often occur.—*Treatment:* Give a couple of teaspoonfuls of mustard in a glass of water, to bring on or assist vomiting, and also use the other means recommended for the purpose. A solution, half of lime-water and half of linseed-oil, well mixed, may be given, as well as plenty of arrowroot, gruel, or linseed-tea. Simple milk is also useful. A little castor-oil should be given, to cleanse the intestines of all the poison,

and the after-symptoms treated on general principles.

ARSENIC SOAP.

Recipe.—

Arsenici Oxydi, ℥j.
Saponis, ℥j.
Potassæ Carbonatis, ʒvj.
Aqua saturata, ℥vj.
Camphoræ ℥ij.

This soap is used by bird-stuffers in preparing their skins. It may also be employed in the preparation of the skins of all animals, and it is a very excellent dressing for skins that have to be packed and sent from one country to another. Great care must be taken in the use of it, as from the quantity of arsenic it contains, it is very poisonous.

ARTICLES OF DRÊSS, TO RENOVATE.

Oils and fats are the substances which form the greater part of simple stains. They give a deep shade to the ground of the cloth; they continue to spread for several days; they attract the dust and retain it so strongly, that it is not removable by the brush; and they eventually render the stain lighter-coloured upon a dark ground, and of a disagreeable grey tint upon a pale or light ground. The general principle of cleansing all spots consists in applying to them a substance which shall have a stronger affinity for the matter composing them than this has for the cloth, and which shall render them soluble in some liquid menstruum, such as water, spirits, oil of turpentine, &c. Alkalis would seem to be proper in this point of view, as they are the most powerful solvents of grease; but they act too strongly upon silk and wool, as well as change too powerfully the colours of dyed stuffs, to be safely applicable in removing stains. The best substances for this purpose are:—1. Soap.—2. Chalk, fullers' earth, soap-stone (steatite, or French chalk). These should be merely diffused through a little water into a thin paste, spread upon the stain, and allowed to dry. The spot requires now to be merely brushed.

—3. Ox-gall and yolk of eggs have the property of dissolving fatty bodies without affecting perceptibly the texture or colours of cloth, and may therefore be employed with advantage. The ox-gall should be purified, to prevent its greenish tint from degrading the brilliancy of dyed stuffs, or the purity of whites. —4. The volatile oil of turpentine will only take out recent stains, for which purpose it ought to be previously purified by distillation over quick lime. Wax, resin, turpentine, pitch, and all resinous bodies in general, form stains of greater or less adhesion, which may be dissolved out by pure alcohol. The juices of fruits, and the coloured juices of all vegetables in general, deposit upon clothes marks of their peculiar hues. Stains of wine, mulberries, black currants, cherries, liquors, &c. &c., yield only to soaping with the hand, followed by fumigation with sulphurous acid; but the latter process is inadmissible with certain coloured stuffs. Iron-mould or rust stains may be taken out almost instantaneously with a strong solution of oxalic acid. If the stain is recent, cream of tartar will remove it.

ARTIFICIAL CHELTENHAM WATER.

Ingredients: 1 drachm of Rochelle salt, 25 grains of carbonate of soda, 5 grains of chloride of sodium, 7 drops of sulphuric acid. *Mode:* Fill common soda-water bottles nearly full with pure spring water, and add to each bottle the different ingredients and the quantities given: cork and wire the bottles immediately.

ARTIFICIAL CORAL FOR ROCK-WORK.

Take four parts of yellow resin and one part of vermilion, and melt them together; dip twigs, cinders, or stones in this mixture, and it will give them the appearance of coral. The pieces are applicable to rock-work, grotto, or any fancy work, as a substitute for that costly article.

ARTIFICIAL ICE.

Ice, which is not only an article of luxury, but so indispensably necessary in many cases of severe illness, and, at the same time often so difficult to be procured, may readily, at all seasons, be had by attending to the following easy directions. Take a common stone gallon bottle, put into it 7 pints of clear spring water quite hot, and add to it 2 oz. of refined nitre. Put a good sound bung into the bottle, and let it down into a deep well. In about three or four hours the water will be frozen. Evaporation will be more rapid, and the process consequently hastened by lifting the bottle occasionally, so that it may, for a few minutes, remain out of the water. Of course, the bottle must be broken to procure the ice, which will be very cheaply purchased at such a cost.

ARTIFICIAL SEA-WATER.

Sea-water is so beneficial in all cases of local debility, and often so difficult to be obtained, that any good imitation of it must be considered a great boon. The following mixture possesses most of the properties of pure sea-water, and will be found an excellent substitute when it cannot be procured. *Ingredients:* 1 gallon of pure spring water, 2 oz. of common salt, ¼ oz. of muriate of magnesia, 3 drachms of muriate of lime, 1 drachm of sulphate of soda, 1 drachm of sulphate of magnesia. *Mode:* Stir these ingredients well together till all are melted, when the water will be fit for use.

ARTIFICIAL YEAST.

Ingredients: Potatoes, molasses ¼th the weight of the potatoes, good home-brewed yeast about the same bulk as the molasses. *Mode:* Boil the potatoes until perfectly soft and beginning to break; reduce them to a thin paste with boiling water, then well mix with them the other ingredients before the fire if the weather be cold. The mixture will

soon begin to ferment, and when fermentation is at its height this yeast is ready for use.

ASIATIC DENTIFRICE.

Ingredients: 2½ oz. of prepared oyster-shells, 2½ oz. of prepared red coral, 1½ oz. of Venetian red, and 1½ oz. of pumice-stone, ¼ of fluid drachm of essence of musk, and the same quantity each of essence of vanilla and oils of cloves and cassia. *Mode:* Mix the first four ingredients thoroughly, and then add the scents.

ASPHALTE FOR WALKS AND SHED FLOORS.

Materials: Coal-tar, road-sand, or coal-ashes. *Mode:* Level the place intended to be covered with asphalte, give it a thin coat of tar, and sift over this some dry road-sand or coal-ashes. Let it harden, and repeat the operation four or five times.

ASTHMA.

There are many simple remedies for the cure or alleviation of this distressing complaint. Here, however, as in other cases, the same remedy will not suit everybody. The following have all been tried and found of benefit: 1. Let the patient take a pint of cold water every morning; and, immediately after, wash his head in cold water; also let him use a cold bath occasionally.—2. Cut 1 oz. of stick-liquorice into slices, steep it in a quart of water twenty-four hours, and when the complaint is worse than usual let the patient use this as his common drink.—3. Let him take half a pint of tar-water twice a day.—4. Let him live a fortnight on nothing but boiled carrots.—5. Let him drink from ten to twenty drops of elixir of vitriol in a wineglass of water three or four times a day.—6. Into a quart of boiling water let him put a teaspoonful of balsamic ether, and inhale the steam through a fumigator twice a day.—7. When the asthma is of a dry or convulsive character, the juice of common radishes may be expressed and administered in small doses, and new milk taken night and morning.

ASTHMA, RELIEF FOR.

The following simple contrivance will frequently be found to give relief to those who suffer from difficulty in breathing, arising from asthma and also from other causes: Keep a kettle of water boiling upon the fire, or over a spirit-lamp, and affix to the spout of it a tin tube, of such length and form as shall serve to throw off the steam in front of the patient. This will create a moist, warm atmosphere, and prevent that distressing sensation which is always occasioned to asthmatic patients by breathing the dry cold air of the night.

ATMOSPHERIC CHURN.

This is an American invention, and a most useful and valuable one. In the operation of the apparatus the process of churning is effected upon an entirely new principle—butter being produced by atmospheric action—the air being forced in intermittent or continuous currents into the midst of the milk or cream contained in the cylinder. This is accomplished by working the tube or plunger up and down within the cylinder, keeping its disc, or flange, always below the surface of the milk or cream. When the plunger is raised, a partial vacuum is created beneath the surface of the fluid, which causes the air to rush down through the hollow stem with great force. When the plunger is forced downward, the valve at the upper end of the tube will be closed, and the air below the plunger will be expelled rapidly through the fluid; by means of which the globules containing the butter will be expanded, opened, and the butter liberated.

This justly celebrated churn makes butter from *fresh milk in ten minutes*, without using any chemical preparation, leaving the milk perfectly sweet, and suitable for family use; it is therefore a very valuable acquisition to families keeping few cows. It is also indispensable for dairy use, as it produces more butter, and butter of finer

quality than any other instrument for a like purpose now known to the public. It is extremely simple, with no machinery to get out of order, is easily cleaned, and is the *cheapest churn in the world.*

By the use of this invention, gentlemen keeping but one or two cows are enabled to supply themselves with excellent sweet butter, made directly from fresh milk, without waiting for the cream to rise. The milk, after churning, remains just as sweet as before, and is suitable for tea, coffee, pies, cakes, or any domestic use for which milk is ordinarily required.

The butter produced from fresh sweet milk by this apparatus is of fine creamy texture and delicious flavour, far surpassing the best qualities of butter made by the ordinary methods of churning. The larger sizes of these churns are adapted to dairy purposes, and are constructed to churn from twenty to forty gallons of milk or cream.

Directions for Use: 1. When milk is to be churned, it should be allowed to stand, after milking, until the animal heat has escaped from it, which condition may be readily known by the milk being of the same temperature as the surrounding air. The use of a thermometer is advised.

2. The cylinder should be filled about half full. To insure the certainty of producing butter from *fresh milk* in *ten minutes*, the temperature of the milk should be from 70 to 75 degrees, and cream 65 to 70 degrees. The proper degree of heat may be obtained by placing the churn containing the milk or cream in warm or cold water, as the case may require; water for warming the milk or cream should never be more than 98 degrees.

3. When churning very thick cream, warm or cold water or milk, according to the temperature required, should be mixed with it in order to make it of similar consistency as milk, to facilitate the easy working of the churn. In churning below the temperature of 65 degrees, the milk will sometimes become frothy, in which case it is necessary to place the churn in warm water, in order to attain the proper temperature.

4. Before commencing to churn, the plug carrying the valve should be fitted tightly in the upper end of the tube.

5. The tube, or plunger, should be worked up or down (not too quickly for the first six or seven minutes), its disc or base being always kept below the surface of the milk or cream; but at no time is it necessary to work too laboriously, and there is no risk of losing the butter by stopping during the churning; all that is required is the ten minutes' working time.

6. The butter will be formed on the top of the milk or cream, and may be removed by lifting the disc or plunger one minute after churning, which time is necessary to allow the butter to settle.

7. In cold weather it is advisable to churn in the kitchen, or a room with fire, where the temperature is at least 60 degrees.

8. In warm climates, where the natural temperature is 85 to 120 degrees, it is necessary to cool the milk, by surrounding it with cold water. Butter can be readily made at 85 degrees, within the time before stated, but will be pale in colour, as is usual in hot climates.

ATTAR OF ROSES.

The delicious perfume known by this name is a volatile oil, of soft consistency, nearly colourless, and which is for use dissolved in alcohol. The best quality is prepared at Ghazipoor, in Hindoostan. It is apt to be adulterated with sandal-wood and other oils. In the spring of the year, the country about Ghazipoor is a vast garden of roses, and presents a most beautiful appearance. The flowers are gathered and steeped in stone jars filled with water. These are set out in the open air over-night, and early in the morning the essential oil is skimmed off. This is the *attar*, and the water is sold for "rose-water." Two hundred

thousand well-grown roses are required to produce half an ounce of the attar; and this quantity, when manufactured, sells, if genuine, for about £12 at the English warehouses. It is very difficult, however, to obtain the genuine article, as even the original manufacturers adulterate it.

Directions.—Fill a large earthen jar, or other vessel, with the leaves of rose-flowers picked over and freed from all dust and dirt. Pour upon them as much pure spring water as will cover them, and from sunrise to sunset, for six or seven days in succession, set the vessel where it will receive the sun's rays. At the end of the third or fourth day a number of particles of a fine yellow oily matter will float on the surface, which, after a day or two, will gather into a scum. This is the attar of roses. It must be taken up as often as it appears, with a piece of cotton tied to a stick, and squeezed from this into a small phial, which must be kept corked and tied over.

AUSTRIAN OINTMENT, for Burns and Bruises, where the Skin is not Broken.

Ingredients: 3 oz. of powdered carbonate of lead (cerussa), 45 grains of powdered camphor, 5 oz. fresh hog's lard. *Mode*. Melt the lard, and stir in the other ingredients, taking care to mix them well together. Apply the ointment to the burn or bruise on a piece of soft lint.

AUTUMNAL COMPLAINTS.

To oppose autumnal complaints, and even cholera, properly so called, there seems no surer or better means than cleanliness, sobriety, and judicious ventilation. Where there is dirt, that is the place for cholera; where windows and doors are kept most jealously shut, there cholera will find easiest entrance; and people who indulge in intemperate diet during the hot days of autumn are actually courting death. To repeat it, cleanliness, sobriety, and free ventilation almost always defy the pestilence; but, in case of attack, immediate recourse should be had to a physician. The faculty say that a large number of lives have been lost, in many seasons, solely from delay in seeking medical assistance. They even assert that, taken early, the cholera is by no means a fatal disorder. The copious use of salt is recommended on very excellent authority. Other autumnal complaints there are, of which diarrhœa is the worst example. They come on with pain, flatulence, sickness, with or without vomiting, followed by loss of appetite, general lassitude, and weakness. If attended to at the first appearance, they may soon be conquered; for which purpose it is necessary to assist nature in throwing off the contents of the bowels, which may be done by means of the following prescription:—Take of calomel 3 grains, rhubarb 8 grains; mix, and take it in a little honey or jelly, and repeat the dose three times, at the intervals of four or five hours. The next purpose to be answered is the defence of the lining membrane of the intestines from their acrid contents, which will be best effected by drinking copiously of linseed tea, or of a drink made by pouring boiling water on quince-seeds, which are of a very mucilaginous nature; or, what is still better, full draughts of whey. If the complaint continue after these means have been employed, some astringent or binding medicine will be required, as the subjoined:—Take of prepared chalk 2 drachms, cinnamon-water 7 oz., syrup of poppies 1 oz.; mix, and take 3 tablespoonfuls every four hours. Should this fail to complete the cure, ¼ oz. of tincture of catechu, or of kino, may be added to it, and then it will seldom fail; or a teaspoonful of the tincture of kino alone, with a little water, every three hours, till the diarrhœa is checked. While any symptoms of derangement are present, particular attention must be paid to the diet, which should be of a soothing, lubricating, and light

nature, as instanced in veal or chicken broth, which should contain but little salt. Rice, butter, and bread-puddings will be generally relished, and be eaten with advantage; but the stomach is too much impaired to digest food of a more solid nature. Indeed, we should give that organ, together with the bowels, as little trouble as possible, while they are so incapable of acting in their accustomed manner. Much mischief is frequently produced by the absurd practice of taking tincture of rhubarb, which is almost certain of aggravating that species of disorder of which we have now treated; for it is a spirit as strong as brandy, and cannot fail of producing harm upon a surface which is rendered tender by the formation and contact of vitiated bile. Our last advice is, upon the first appearance of such symptoms as are above detailed, have *immediate* recourse to a doctor, where possible.

BAD SMELLS.

The fumes from newly-roasted coffee will instantaneously and effectually remove any smells, however bad, from a room after the cause has been got rid of. Place a few ounces of whole coffee in a coffee-roaster or iron pan over the fire, and while the fumes are rising carry it about the room. It is a very simple remedy, and one which is always at hand. The smell of meal in an advanced state of decomposition will hang about a room for a long time, and so will the smell of a drain after it has been cleared out; but the fumes of newly-roasted coffee will entirely sweeten the apartment, however bad the smell; even musk, castoreum, and asafœtida may be overcome by them.

BALDNESS.

Baldness arises from different and often from very opposite causes. It is not confined to any period of life; for though it is far more general in old age, it is not unfrequently to be met with in youth. The chief causes which give rise to baldness are severe sickness, fevers especially; too much constriction and too much relaxation of the skin of the head. Want of cleanliness also will cause baldness, and so will the exclusion of air from the head by the constant wearing of a hat. Constriction of the skin of the head is itself frequently the result of fever, or violent cold. Relaxation is the result of weakness, when a patient perspires on the most trivial exertion; relaxation of the skin takes place, the hair falls off, and frequently permanent baldness ensues. Baldness which occurs in the decline of life is of course the most natural, for then the bulbs of the hair have lost their vitality; and, as with plants when the roots decay, the hair withers and falls off. Baldness, especially in early life, is not necessarily permanent. Without putting our faith in nostrums which profess to make hair grow upon an old trunk, we may resort to remedies in some cases of baldness with very great hope of success. If the scalp when rubbed with the palm of the hand soon becomes red, it is almost certain that the baldness is not of a permanent character; while, on the other hand, there is little hope of effecting any good if the colour of the skin remains unaltered under friction. As remedies for baldness, any of the more stimulating hair-washes may be used; but a decoction of boxwood is said to be the most successful. It is to be made as follows:—Take four large handfuls of common box (*Buxus sempervirens*), boil it in three pints of water in a closely-covered saucepan for fifteen minutes, empty it into an earthenware jar, and let it stand for ten hours or more. Then strain it and add 1½ oz. of lavender-water. Wash the bald part of the head with this lotion once or twice a day. The lotion will keep in a well-corked bottle for some time.

BALDNESS, TO PREVENT.

That which may be found efficacious in one case will frequently not prove so in another. Several recipes for pomatums and washes to strengthen the growth of the hair and prevent it from falling off will be found in the following

pages. Any of these may be tried. The under-mentioned recipes have frequently proved very beneficial. *Ingredients:* 4 oz. of castor-oil, 8 oz. of Jamaica rum, 30 drops of oil of lavender. *Mode:* Put these into a bottle. Shake the mixture well before using it, which should be done by dabbing the part with it three times a week and leaving it to dry.

When baldness is commencing, use the following pomade :—Macerate a drachm of powdered cantharides in an ounce of spirits of wine. Shake it well during a fortnight, and then filter. Take ten parts of this tincture, and rub it with ninety parts of cold lard, and a little essence of bergamot, or any other scent. Rub this pomade well into the head night and morning. In ninety-nine cases out of a hundred, this application, if continued, will restore the hair.

Another remedy for baldness is the following :—Take 4 oz. of the finest honey : add to it 7½ oz. of clean, well-washed sand, which has been perfectly dried. Place the mixture in a retort, and subject it to distillation, carefully keeping the heat below the point sufficient to scorch the contents. This once much-esteemed mixture is called *Honey-water for the Hair.*

The celebrated Dr. Dauvergne recommends one part of tar, ten parts of lard, together with a plentiful supply of fragrant substances to get rid of the smell of the tar, as one of the best remedies for baldness.

A very useful oil for baldness or to prevent the falling off of the hair may be made of half pint of oil of olives, or almonds, two drachms of oil of origanum, one drachm of oil of rosemary, and forty drops of English lavender, well shaken together.

BALM OF GILEAD OIL.

Useful for cuts and burns, &c. Take a half-pint bottle, and fill one-third of it with the flowers of the common balm of Gilead, lightly packed, and then pour in sweet oil till the bottle is nearly full; shake it occasionally. After a few days

it will be fit for use, but it is the better for long keeping ; the bottle, however, must be closely stopped.

BANDAGES.

Cotton webbing, which is a material slightly elastic, being woven after the manner of the tops of cotton stockings, is the best thing for bandages when required for sprains and other causes. It is sold by the yard, and kept by most chemists. Bandages to be used as wet bandages for horses' legs are mostly made of thick flannel, to hold as much moisture as possible. Nothing, however, for such a purpose is equal to Spongio-piline, which can be cut the lengths required and lightly strapped round the legs.

BANDOLINE FOR THE HAIR.

1. *Ingredients:* 1 oz. of gum-tragacanth, ¼ pint of cold water, three pennyworth of essence of almonds, two teaspoonfuls of old rum.

Mode: Put the gum-tragacanth into a wide-mouthed bottle with the cold water ; let it stand till dissolved, then stir into it the essence of almonds ; let it remain for an hour or two, when pour the rum on the top. This should make the stock bottle, and when any is required for use, it is merely necessary to dilute it with a little cold water until the desired consistency is obtained, and to keep it in a small bottle, well corked, for use. This bandoline, instead of injuring the hair, as many other kinds often do, improves it, by increasing its growth, and making it always smooth and glossy.

2. Dissolve powdered gum-dragon in boiling water, and scent with attar of roses.

BARLEY-WATER.

Ingredients: 2 oz. of pear barley, 2 quarts of boiling water, and 1 pint of cold water.

Mode: Wash the barley in cold water, drain it, then put it into a saucepan with one pint of cold water, and boil for a quarter of an hour ; strain off

the water and add two quarts of fresh boiling water. Boil it until the liquid is reduced to half; strain it and flavour it with lemon-juice for use. The nourishment of barley water may be much increased by adding ½ oz. or 1 oz. of gum-arabic, and boiling it with the barley.

BAROMETER, PLAIN DIRECTIONS FOR CONSULTING THE.

The rising of the mercury foretells fair weather, and its falling, rain, wind, snow, and storms. In hot summer, if the mercury falls, we may expect thunder. In winter, a rising indicates frost, and falling, thaw. In bad weather, if the mercury rises, notwithstanding the weather does not alter, a continuance of fair weather may be expected as soon as the change comes. In fair weather, when the same occurs, unsettled weather may be expected. If the mercury is unsettled, the weather will be so also. In the upright barometer, to which these directions apply, it is useful to notice that the top of the column of mercury is sometimes flat, sometimes convex, and at other times concave. When it is flat or level, a continuance of the same weather is indicated; when it is convex, the mercury is rising; and when concave, it is falling —and the weather may, of course, be expected to correspond.

BATH CHEESE, TO RIPEN.

The cream cheese commonly known as *the Bath cheese* may be speedily ripened by placing it on a bed of stinging nettles in a cool cellar.

BATH, WARM AND HOT.

These baths are used whenever there is congestion, or accumulation of blood in the internal organs, causing pain, difficulty of breathing, or stupor; and are employed, by their stimulating property, to cause a rush of blood to the surface, and, by unloading the great organs, produce a temporary inflammation in the skin, and so equalize the circulation. The effect of the hot bath is to increase the fulness of the pulse, accelerate respiration, and excite perspiration. In all inflammations of the stomach and bowels, the hot bath is of the utmost consequence; the temperature of the warm bath varies from 92 deg. to 100 deg., and may be obtained by those who have no thermometer to test the exact heat, by mixing one measure of boiling with two of cold water.

BATHING.

Cold-water bathing, and especially cold salt-water bathing, is generally beneficial. It is always attended with benefit when a glow follows the use of the bath; and when the glow is not experienced, bathing in cold water should not be persevered in. Artificial means may be taken to promote the glow by the use of a coarse towel; but, for bathing to be safe it should follow at once as a natural re-action after the application of cold water. No bath, either hot or cold, should be taken either with an empty or full stomach. Two hours after eating is the proper time for bathing.

BEARD, TO PROMOTE THE GROWTH OF.

1. Mix olive-oil, 2 pints; attar of roses, 1 drachm; oil of rosemary, 1 drachm. It may be coloured *red* by steeping a little alkanet root in the oil (with heat) before scenting it.—2. Take olive oil, 1 pound; oil of origanum, 1 drachm; oil of rosemary, 1¼ drachm. Mix them.—These oils can be used for the beard with great advantage. The latter will help to make it curl.

BEDS.

All beds should have their furniture removed, well brushed and washed, if necessary, and themselves be taken to pieces every year. The woodwork of the beds, and especially the joints, should be washed with boiling water and yellow soap. In houses infested with those disgusting insects bugs, some one or other of the remedies under that head must be made use of.

BEDS, TO KEEP AIRED.

The best plan to keep beds aired that are not in use, is to place them under others that are. Nothing is more dangerous than a damp bed; and, on the slightest suspicion, a pan of hot coals should be passed over the bed—or, what is better still, the bed should be placed in front of a good fire and turned several times before it is slept in. If beds are allowed to get very damp, the feathers contract a mustiness, which is very hard to be got rid of.

BEDS, TO WARM.

Heat the warming-pan before the fire, then fill it with hot sand instead of coals. The sand is far less dangerous and more efficacious, as it retains the heat longer. A little coarse brown sugar may, with much benefit, be sprinkled on the hot sand or coal, when a warm bed is required to relieve pains in the limbs and weariness.

BEEF TEA.

Take 2 pounds of very fresh beef, remove every bit of fat, and cut it up into small pieces about the size of the top of the finger, scoring it to let out all the gravy; place it in a jar with half a salt-spoonful of salt, half a clove, four peppercorns, and a pint and a half of cold water. Tie over the top of the jar, and immerse it in a saucepan of water, allowing it to boil gently for two hours and a half. Strain, and in order to remove any particle of fat that may be on the surface, pass silver paper, or a piece of stale crumb of bread, over it. If preferred, boiled rice or tapioca may be added.

BEER, CHEAP.

No production in this country abounds so much with saccharine matter as the shells of green peas. A strong decoction of them so much resembles, in odour and taste, an infusion of malt (termed wort), as to deceive a brewer. This decoction, rendered slightly bitter

with the wood-sage, and afterwards fermented with yeast, affords a very excellent beverage. The method employed is as follows:—Fill a boiler with the green shells of peas, pour on water till it rises half an inch above the shells, and simmer for three hours. Strain off the liquor, and add a strong decoction of the wood-sage, or of hop, so as to render it pleasantly bitter; then ferment in the usual manner. The wood-sage is the best substitute for hops; and, being free from any anodyne property, is entitled to preference. By boiling a fresh quantity of shells in the decoction, before it becomes cold, it may be so thoroughly impregnated with saccharine matter as to afford a liquor, when fermented, as strong as ale.

BEER FININGS.

Boil sole-skins in a little beer till they are quite dissolved; when cold they will form a thick, jelly-like substance. Dissolve a tablespoonful or more of this, according to the size of the cask, in about a pint of beer, and stir it in at the bung-hole over the surface of the cask: as it settles it will clear the beer. If there is any fear of the cask working, leave the bung out for a day or two. It is not desirable to attempt to clear very new beer, for fear of setting the cask working; but it may be safely done after a fortnight.

BEER, TO GIVE A HEADING TO.

Take equal quantities of alum and sulphate of iron, and mix them together with a little beer. Pieces of the size of an acorn will be sufficient for an 18-gallon cask.

BEER, TO IMPROVE THE FLAVOUR OF.

To every hogshead put 1 oz. of bruised ginger, ½ oz. of cloves, 1 dozen ship biscuits, and 1½ lb. of fresh hops. These hops are additional to those used in the process of brewing, and should be put into the cask at the

bunghole after the beer has ceased working.

BEER, MANAGEMENT OF.

In cask.—The cellar in which beer is kept should be of an equal temperature, ranging from 50 to 60 degrees.

It is most important that the vent-peg be kept tightly in the cask; and when removed, to permit the beer to run, it should be carefully replaced. Unless strict attention be paid to this rule, beer will not remain sound or bright, especially during the summer months.

When intended for immediate consumption, the cask should be tapped on delivery; but three days at least should elapse with the vent-peg eased, previous to any beer being drawn, otherwise it cannot be in a fit condition for use. In very hot weather, if there is no good cellar for keeping beer, the cask may be kept cool by having a flag of grass placed upon the top of it, and occasionally sprinkling the flag with cold water.

In bottle.—Bottled ales should always be kept in an upright position, and in a warm temperature (about 60 degrees); after removal, the bottles should be allowed to stand for twenty-four hours, in order that the ale may become bright and recover its condition.

To insure brilliant condition, it is recommended that the contents of each bottle be carefully drawn off into a jug before being used, as, if poured from the bottle, only a portion is bright, the remainder becoming thick in consequence of being moved.

BEER, TO PREVENT FROM GROWING FLAT.

In a cask, containing 18 gallons of beer becoming vapid, put a pint of ground malt, suspended in a bag, and close the bung perfectly: the beer will be improved during the whole time of drawing it for use.

BEER, SOUR.

When beer is becoming sour, add to it some oyster-shells, calcined to whiteness, or, in place thereof, a little fine chalk or whiting. Any of these will correct the acidity, and make it brisk and sparkling; but it should not be long kept after such additions, as it soon becomes sour again.

BELLADONNA MIXTURE.

To be taken as a preventive when fevers or any infectious complaints are prevalent.

Extract Belladonna, ℥v.
Aquæ Cinnamomi, ℥ij.

Take 15 drops of the above in a tablespoonful of water every morning at 11 o'clock, for ten or twelve days. Children to have as many drops as they are years old. Sir JAMES CLARK.

BELTS, RIFLEMEN'S.

To give a gloss to these belts, or any similar description of light leather, glaire should be used. This is simply the white of egg beaten up with an equal quantity of cold water, a little sugar-candy being added. This glaire is perfectly transparent, dries in a few minutes, and is not rendered sticky by a hot hand, nor affected by the weather.

BIRDLIME.

Take any quantity of the middle bark of the holly. Boil it in water for several hours, until it becomes quite soft. Drain off the water, and place the holly bark in a hole in the earth, surrounded with stones; here let it remain to ferment; and water it, if necessary, until it passes into a mucilaginous state. Then pound it well, and wash it in several waters. Drain it and leave it for four or five days to ferment and purify.

BISHOP.

Ingredients: Two large lemons, 12 cloves, ½ pint of water, ¼ oz. of cloves, ¼ oz. of mace, ¼ oz. of cinnamon, ¼ oz. of ginger, 1 bottle of port wine, ½ lb. of sugar. *Mode:* Stick the cloves into one of the lemons, and roast it at some distance from a clear fire; boil the spices

in the half-pint of water for half an hour. Then put into a saucepan over the fire, the bottle of wine; do not let it boil; but, just before boiling, add the infusion of spices and the roasted lemon to it. Rub off the rind of the other lemon with the ¼ lb. of sugar, pour over it a little lemon-juice, and stir this into the wine. Serve it hot, and do not attempt to strain it.

Another recipe.—Ingredients: 1 Seville orange, cloves, 2 bottles of red hermitage and 1 of hock, a stick of cinnamon, sugar to taste. *Mode:* Stick the Seville orange full of cloves and roast it for half an hour; then put the wine and other ingredients into a saucepan; and when quite hot, but not boiling, pour them into a bowl and immerse the Seville orange in it. Serve at once. Port and sherry may be used instead of hermitage and hock.

Another recipe.—Bishop may be concocted either with port or claret. To every bottle of wine allow 3 Seville oranges, 5 ounces of loaf-sugar, 3 cloves, an inch of cinnamon, the eighth of a nutmeg, and 2 allspice. The oranges should be baked in an oven until the rinds are crisp; then place them in a bowl, and make the wine and other ingredients boiling hot; pour over the oranges, and serve.

BITES AND STINGS.

Bites and stings may be divided into three kinds:—1. Those of insects. 2. Those of snakes. 3. Those of dogs and other animals.

1. The bites or stings of insects, such as gnats, bees, wasps, &c., need cause very little alarm, and are, generally speaking, easily cured. They are very serious, however, when they take place on some delicate part of the body, such as near the eye, or in the throat. *The treatment* is very simple in most cases; and consists in taking out the sting, if it is left behind, with a needle, and applying to the part a liniment made of finely-scraped chalk and olive-oil, mixed together to about the thickness of cream.

Bathing the part bitten with warm

Bites and Stings.

turpentine or warm vinegar is also of great use. If the person feels faint, he should lie quietly on his back, and take a little brandy-and-water, or sal-volatile and water. When the inside of the throat is the part stung, there is great danger of violent inflammation taking place. In this case, from eight to twelve leeches should be immediately put to the outside of the throat, and when they drop off, the part to which they have been applied should be well fomented with warm water. The inside of the throat is to be constantly gargled with salt and water. Bits of ice are to be sucked. Rubbing the face and hands well over with plain olive-oil before going to bed, will often keep gnats and mosquitoes from biting during the night. Strong scent, such as eau-de-Cologne, will have the same effect.

2. *Bites of Snakes.*—These are much more dangerous than the preceding, and require more powerful remedies. The bites of the different kinds of snakes do not all act alike, but affect people in different ways. *Treatment of the part bitten:* The great thing is to prevent the poison getting into the blood; and, if possible, to remove the whole of it at once from the body. A pocket handkerchief, a piece of tape or cord, or, in fact, of anything that is at hand, should be tied tightly round the part of the body bitten; if it be the leg or arm, immediately *above* the bite, and between it and the heart. The bite should then be sucked several times by any one who is near. There is no danger in this, provided the person who does it has not got the skin taken off any part of his mouth. What has been sucked into the mouth should be immediately spit out again. But if those who are near have sufficient nerve for the operation, and a suitable instrument, they should cut out the central part bitten, and then bathe the wound for some time with warm water, to make it bleed freely. The wound should afterwards be rubbed with a stick of lunar caustic, or, what is better, a solution of this—60 grains of lunar caustic dissolved in 1 oz. of water

—should be dropped into it. The band should be kept on the part during the whole of the time that these means are being adopted. The wound should afterwards be covered with lint dipped in cold water. The best plan, however, to be adopted, if it can be managed, is the following:—Take a common wine-glass, and, holding it upside down, put a lighted candle or a spirit-lamp into it for a minute or two. This will take out the air. Then clap the glass suddenly over the bitten part, and it will become attached, and hold on to the flesh. The glass being nearly empty, the blood containing the poison will, in consequence, flow into it from the wound of its own accord. This process should be repeated three or four times, and the wound sucked, or washed with warm water, before each application of the glass. As a matter of course, when the glass is removed, all the blood should be washed out of it before it is applied again. *Constitutional Treatment:* There is mostly at first great depression of strength in these cases, and it is therefore requisite to give some stimulant; a glass of hot brandy-and-water, or twenty drops of sal-volatile, is the best that can be given. When the strength has returned, and if the patient has not already been sick, a little mustard in hot water should be given, to make him so. If, on the other hand, as is often the case, the vomiting is excessive, a large mustard poultice should be placed over the stomach, and a grain of solid opium swallowed in the form of a pill, for the purpose of stopping it. Only one of these pills should be given by a non-professional person. In all cases of bites from snakes, send for a surgeon as quickly as possible, and act according to the above directions until he arrives. If he is within any reasonable distance, content yourself by putting on the band, sucking the wound, applying the glass, and, if necessary, giving a little brandy-and-water.

3. *Bites of Dogs.*—For obvious reasons, these kinds of bites are more frequently met with than those of snakes. *The treatment* is the same as that for snake-bites, more especially that of the bitten part. The majority of writers on the subject are in favour of keeping the wound open as long as possible. This may be done by putting a few beans on it, and then by applying a large linseed-meal poultice over them.

BITTER YEAST, TO CORRECT.

Bake a piece of bread quite black, and while hot drop it into the yeast, or drop in a red-hot cinder, which will answer the same purpose. If the yeast be very bitter indeed, it may be sweetened by putting a little bran into a sieve and straining the yeast through it. Some persons always guard against bitterness by pouring cold water over the yeast some time before using it. The yeast will sink, when the water can be poured off, and the yeast will be purified.

BLACK BEETLES, TO DESTROY.

Mix wheat flour with a little crude mercury and sal ammoniac, into a paste, with honey. Strew some of this paste in their haunts; the beetles will devour it and die.

Another way.—Mix up some flour of malt with a little butter, adding to it a drop or two of oil of aniseed, and to every 4 ounces of this mix in 1 oz. of corrosive sublimate. Make it up into small balls and set them in places where the beetles abound.

BLACK DRAUGHT, THE COMMON.

Infusion of senna, 10 drachms; Epsom salts, 10 drachms; tincture of senna, compound tincture of cardamums, compound spirit of lavender, of each 1 drachm. Families who make black draught in quantity, and wish to preserve it for some time without spoiling, should add about 2 drachms of spirits of hartshorn to each pint of the strained mixture, the use of this drug being to prevent its becoming mouldy or decom-

posed. A simpler and equally efficacious form of black draught is made by infusing ½ oz. of Alexandrian senna, 3 oz. of Epsom salts, and 2 drachms of bruised ginger and coriander-seeds, for several hours in a pint of boiling water, straining the liquor, and adding either 2 drachms of sal-volatile or spirits of hartshorn to the whole, and giving three tablespoonfuls for a dose to an adult.

BLACK DYE.

This dye is for either wool, hair, fur, or silk. Boil the articles for two hours in a decoction of nutgalls, and afterwards keep them for two hours more in a bath composed of logwood and sulphate of iron, kept during the whole time at a scalding heat, but not boiling. During the operation they must frequently be exposed to the air. The common proportions are five parts of galls, five of sulphate of iron, and thirty of logwood for every hundred yards of cloth. Sometimes a little acetate of copper (verdigris) is added to improve the colour. Woollen cloth, before it receives a black colour, is usually dyed blue; this renders the colour much fuller and finer than it would otherwise be. If the cloth be coarse, the blue dye may be too expensive; in that case a brown colour is given by means of walnut-shells. Silk is dyed in the same manner as wool, except that, as it imbibes a larger quantity of tannin, the quantity of galls must be increased to twice as much, and the silk remain longer in the solution.

BLACKING.

1. Ivory-black, 12 oz.; olive-oil, 1 oz.; treacle, 8 oz.; gum-arabic in powder, ½ oz.; vinegar, 2 quarts; sulphuric acid, 1½ oz. Mix the first four ingredients into a paste; then add gradually the vinegar, stirring the whole well together. Lastly add the sulphuric acid.—2. Ivory-black and brown sugar-candy, of each 2 oz.; sweet oil, 1 tablespoonful; add gradually 1 pint of cold vinegar, and stir the whole gently till incorporated.—3. Ivory-black and treacle, of each ¼ lb.; sweet oil and oil of vitriol, of each 1 oz. Rub the first three together until the oil is perfectly "killed," then gradually add the vitriol, diluted with three or four times its weight of water; mix well, and let it stand some hours (say three or four), when it may be reduced to a proper consistence with water or sour beer.—4. Gum-arabic, 8 oz.; treacle, 2 oz.; ink, ½ pint; vinegar and spirits of wine, of each 2 oz. Dissolve the gum and treacle in the ink and vinegar; then strain, and add the spirits.—5. Ivory-black, in fine powder, 1 lb.; molasses, ¾ lb.; sweet oil, 2 oz.; beer and vinegar, of each 1 pint. Rub together the first three until the oil be perfectly "killed," then add the beer and vinegar.

Paste Blacking may be made as follows:—1. Molasses, 1 lb.; ivory-black, 1¼ lb.; sweet oil, 2 oz. Rub together as before; then add a little lemon-juice or strong vinegar.—2. Ivory-black, 2 lb.; molasses, 1 lb.; olive-oil and oil of vitriol, of each ¼ lb.; water, sufficient, as before. The manipulations required for paste and liquid blacking are the same, the difference in the two being the quantity of liquid added. Thus, by diluting paste blacking with water or beer bottoms, it may be converted into liquid blacking of a similar quality, and, by using less fluid matter, the ingredients of liquid blacking will produce paste blacking. One thing must, however, be observed; and this is, that the ivory-black used for liquid blacking must be reduced to a much finer powder than for paste blacking, as, if this be not attended to, it will settle to the bottom, and be with difficulty diffused again through the liquid. For those persons who do not like the use of blacking containing oil of vitriol, there are recipes given, both for paste and liquid, without it. The vitriol, however, greatly contributes to promote the shining properties of the blacking, and in small quantities is not so injurious to the leather as has been falsely represented, as it wholly unites itself to the lime of the phosphate contained in the

ivory-black, and is thus partly neutralized. This is the reason why lamp-black should never be employed for blacking, as it has no earthy base to absorb or neutralize the acid, which would then prove very hurtful to the leather. Oil of vitriol is now employed in the manufacture of all the most celebrated shining blackings. The addition of whites of eggs, isinglass, gum-arabic, and similar articles to blacking, always proves injurious, as they tend to stiffen the leather and to make it crack.

BLACK INK, CHEAP AND EXCELLENT.

Ingredients: 4 oz. of bruised Aleppo galls, 2 oz. of gum-arabic, 1½ grain green copperas, 1½ oz. of alum, 2 oz. of salt. *Mode:* Put the above ingredients into a stone bottle, and pour upon them one quart of soft water at boiling heat; shake the bottle well and frequently. It is a good plan to cork the bottle and hang it at the back of a door which is frequently opened and shut At the end of three weeks strain off the ink and bottle it, with a tablespoonful of brandy. Pour on the ingredients another pint of boiling soft water, which may remain in the bottle till needed and then be strained off for use This ink flows freely, and retains its blackness.

BLACK KID BOOTS, TO RESTORE THE COLOUR OF.

Take a small quantity of good black ink, mix it with the white of an egg, and apply it to the boots with a soft sponge.

BLACK LACE, TO REVIVE.

Make some black tea about the strength usual for drinking, and strain it off the leaves. Pour enough tea into a basin to cover the quantity of lace, let it stand ten or twelve hours, then squeeze it several times, but do not rub it. Dip it frequently into the tea, which will at length assume a dirty appearance. Have ready some weak gum-water, and press the lace gently through it; then clap it for a quarter of an hour; after which, pin it upon a towel in any shape which you wish it to take. When nearly dry, cover it with another towel, and iron it with a cool iron. The lace, if previously sound and discoloured only, will after this process look as good as new.

BLACK LACE, TO REVIVE, Another Way.

Wash the lace thoroughly in some good beer; use no gum-water; clap the lace well, and proceed with ironing and drying, as in the former recipe.

BLACK LEATHER, TO RESTORE THE POLISH OF.

Make a varnish of the following *ingredients:* 6 parts of eggs (the whole of a yolk), well beaten, 1 part of treacle, 1 part of isinglass, 5 parts of water, lamp-black. *Mode:* Dissolve the isinglass in the water, and then add to it the other ingredients, using sufficient lamp-black to give the required colour. This is also a very good varnish for dress-boots.

BLACK PAPER, FOR TAKING IMPRESSIONS OF LEAVES, PLANTS, &c. &c.

Take a sheet of white wove paper, oil it well with sweet oil, brushed lightly over it, leave it for a minute or two to soak, then carefully remove all superfluous oil with a clean brush, and hang up the paper in the air, not in the sunshine, to dry. As soon as the paper is tolerably dry, take a lighted candle (a common dip is best) or an oil-lamp, and hold the paper in a horizontal direction over the flame till it is perfectly blackened: this must be done carefully, for fear of burning. *Mode of using the paper:* When impressions are to be taken, lay your leaves, &c, carefully on the oiled paper, and cover them with a piece of clean paper; rub this covering with your finger equally in all parts for about half a minute. Remove it, take up the leaves, &c., without disturbing the order, if they are joined together.

and place them with the same side downwards on the book or paper on which you intend the impression to be made. Now cover the leaves, &c., with a piece of blotting-paper, and rub this with your finger for a short time. On removing the blotting-paper and the leaves, &c., you will find an impression of the latter superior to the finest engraving. The most minute veins and hairs will be most accurately pencilled. After it has been well oiled and blacked, the same piece of paper will serve to take very many impressions. These impressions may afterwards be coloured according to nature, when a most beautiful effect will be given to them.

BLACK REVIVER FOR CLOTH.

Ingredients: Two oz. of blue galls, bruised; logwood, sulphate of iron, sumach, ½ oz. of each, 1 pint of vinegar. *Mode:* Macerate in a close vessel, with heat, for twenty-four hours; strain off the clear liquid, add the galls, and shake twice a day for a week. Keep in a corked bottle, and apply with a brush or sponge. This is improved by the addition of a little sugar and gum.

BLACK REVIVER.

Useful to renovate faded mourning dresses, old black coats, trousers, &c. *Ingredients:* 2 pints of water, 2 oz. of powdered Aleppo galls, 2 oz. of logwood, 1 oz. of gum-arabic, 1 oz. of sulphate of iron. *Mode:* Boil the galls, logwood, and gum-arabic with 2 pints of water till it is reduced to 1 pint, then add the sulphate of iron.

BLACK REVIVER—Another Recipe.

Put 8 oz. of Aleppo galls and 1 oz. each of logwood, green vitriol, iron filings, and sumach, into 2 pints of vinegar, and evaporate them to a powder. Brush this powder into the cloth.

BLACK STAIN FOR WOOD.

Have a copper fixed, or an iron pot, into which put 6 lb. of chip logwood, and as much wood or veneers as it will conveniently hold without pressing tight; fill with water and let it boil slowly for about three hours; then add ½ lb. of powdered verdigris, ½ lb. of copperas, and 2 oz. of bruised nutgalls, filling the copper up with vinegar as the water evaporates; let it gently boil two hours a day till you find the wood to be dyed through, which, according to the kind, will be in more or less time.

BLADDERS, TO PREPARE FOR USE.

Soak them for twenty-four hours in a basin of water in which a little chloride of lime or some potass has been dissolved; then remove from the bladders all extraneous matter; well wash them in clean water, and hang them up to dry.

BLANKETS.

When not required for use, blankets should be carefully folded and put away under those that are in use, that they may be kept well aired. If put away in chests or wardrobes, care should be taken to preserve them from the ravages of moths, which in a short time may do great damage. A small piece of Russian leather, or any of the usual recipes will effect this. It will be well, however, to have the blankets occasionally taken into the air and shaken.

BLEACHING LIQUID FOR LINEN.

Ingredients: ¼ lb. of chloride of lime, 1 quart of soft water.
Mode: Make a solution of the above and keep the bottle closely corked; dilute what is required for use with about an equal quantity of water. This will remove stains from table linen, &c., that resist milder treatment.

BLEED, HOW TO.

In cases of great emergency, such as the strong kind of apoplexy, and when a surgeon cannot possibly be obtained for some considerable time, the life of the patient depends almost entirely upon the fact of his being bled or not.

We therefore give instructions how the operation of bleeding is to be performed, but caution the reader only to attempt it in cases of the greatest emergency. Place a handkerchief or piece of tape rather but not too tightly round the arm, about three or four inches above the elbow. This will cause the veins below to swell and become very evident. If this is not sufficient, the hand should be constantly and quickly opened and shut for the same purpose. There will now be seen, passing up the middle of the fore-arm, a vein which, just below the bend of the elbow, sends a branch inwards and outwards, each branch shortly joining another large vein. It is from the *outer* branch that the person is to be bled. The right arm is the one mostly operated on. The operator should take the lancet in his right hand, between the thumb and first finger, place the thumb of his left hand on the vein below the part where he is going to bleed from, and then gently thrust the tip of the lancet into the vein, and, taking care not to push it too deeply, cut in a gently curved direction, thus ‿ and bring it out, point upwards, at about half an inch from the part of the vein into which he had thrust it. The vein must be cut lengthways, and not across. When sufficient blood has been taken away, remove the bandage from above the elbow, and place the thumb of the left hand firmly over the cut, until all the bleeding ceases. A small pad of lint is then to be put over the cut, with a larger pad over it, and the two kept in their places by means of a handkerchief or linen roller bound pretty tightly over them and round the arm.

When a person is bled, he should always be in the standing, or at any rate in the sitting, position; for if, as is often the case, he should happen to faint, he can, in most cases at least, easily be brought to again by the operator placing him flat on his back, and stopping the bleeding. *This is of the greatest importance.* It has been recommended, for what supposed advantages we do not know, to bleed people when they are lying down. Should a person, under these circumstances, faint, what could be done to bring him to again? The great treatment of lowering the body of the patient to the flat position cannot be followed here. It is in that position already, and cannot be placed lower than it at present is—except, as is most likely to be the case, under the ground.

BLEEDING FROM CUTS, &c., TO STOP.

Tincture of calendula, applied according to the directions sold with the bottle, forms an effectual remedy. The powder of the common puff-ball fungus is very useful. It should be laid thickly, quite dry, upon the cut. The soft pile of beaver, or a little cotton wool, may be used for the same purpose.

BLEEDING FROM THE NOSE.

Many children, especially those of a sanguineous temperament, are subject to sudden discharges of blood from some part of the body; and, as all such fluxes are in general the result of an effort of nature to relieve the system from some overload or pressure, such discharges, unless in excess, and when likely to produce debility, should not be rashly or too abruptly checked. In general, these discharges are confined to the summer or spring months of the year, and follow pains in the head, a sense of drowsiness, languor, or oppression; and, as such symptoms are relieved by the loss of blood, the hæmorrhage should, to a certain extent, be encouraged. When, however, the bleeding is excessive, or returns too frequently, it becomes necessary to apply means to subdue or mitigate the amount. For this purpose, the sudden and unexpected application of cold is itself sufficient, in most cases, to arrest the most active hæmorrhage. A wet towel laid suddenly on the back, between the shoulders, and placing the child in a recumbent posture, is often sufficient to effect the object; where, however, the effusion resists such simple means, napkins

wrung out of cold water must be laid across the forehead and nose, the hands dipped in cold water, and a bottle of hot water applied to the feet. If, in spite of these means, the bleeding continues, a little fine wool or a few folds of lint, tied together by a piece of thread, must be pushed up the nostril from which the blood flows, to act as a plug and pressure on the bleeding vessel. When the discharge has entirely ceased, the plug is to be pulled out by means of the thread. To prevent a repetition of the hæmorrhage, the body should be sponged every morning with cold water, and the child put under a course of steel-wine, have open-air exercise, and, if possible, salt-water bathing. For children, a key suddenly dropped down the back between the skin and clothes, will often immediately arrest a copious bleeding.

Any of the following remedies may also be safely applied to stop bleeding at the nose. It should be remembered, however, that in most cases it is not desirable to stop the bleeding too quickly; for it is an effort of nature to effect some necessary relief. Apply to the back of the neck and under the ears a cloth dipped in cold water; or put the legs and arms in cold water; or wash the temples, nose, and neck with vinegar, or snuff up the nostrils a little vinegar and water. If none of these methods succeed, take a handful of fresh-gathered stinging-nettle leaves, dip them in water; and afterwards, while wet, pound them in a mortar. When reduced to a pulp, squeeze the juice out of them by wringing them in a cloth, and with a small syringe slowly inject the juice into the nose.

BLEEDING IN HORSES, TO STOP.

For certain complaints in horses, as staggers, &c., it is frequently necessary to bleed them in the roof of the mouth. This operation, which is generally very effectual, is a delicate one; for there is at times much difficulty in stopping the bleeding. If the bleeding does not, as it ought, after a time, stop of itself, from the situation of the vein there is no opportunity of applying pressure to stop it. We have known a horse in this way bleed for hours, and though various experiments were tried, nothing did any good until some bran was given to the animal as food; but not with any hope of cure. However, the bran most effectually staunched the bleeding, which ceased altogether before the horse had finished his feed.

BLEEDING OF A WOUND, TO STOP.

The following simple remedies may be made use of:—Soak some linen rag in strong vinegar, burn it and strew the ashes on the wound, or bruise the tops of stinging-nettles and place them over it, or apply a good dressing of the powder of ripe puff-balls. In certain cases it may be desirable to tie two or three tight ligatures near the lower part of each joint, and slacken them gradually. This will assist in stopping the flow of blood.

BLISTER, AN ORDINARY.

Spread a little blister compound on a piece of common adhesive plaster with the right thumb. It should be put on just thickly enough to conceal the appearance of the plaster beneath. The part from which a blister has been taken should be covered over till it heals with soft linen rags smeared with lard.

BLISTERED HANDS OR FEET.

When the hands are blistered from rowing, or the feet from walking or other causes, be careful not to allow the blisters to break, if possible. Some persons are in the habit, by means of a needle and piece of worsted, of placing a seton into blisters to draw off the water; but in our opinion this is a great mistake and retards the healing. Bathe the blisters frequently in warm water, or, if they are very severe, make a salve of tallow, dropped from a lighted candle into a little gin and worked up to a proper consistence, and on going

to bed cover the blisters with this salve and place a piece of clean soft rag over them.

BLUE (BALL), or STONE BLUE.

Take finely-powdered indigo and starch in equal quantities, and make them into a paste with warm water, then form the mass into small lumps or cakes. The quantity of indigo must be increased if the blue is required to be of a very deep colour.

BLUE AND GILD STEEL, TO.

The dark blue is produced at a temperature of 600 deg.; the full blue at 560 deg.; and the bright blue at 550 deg. It is, therefore, only necessary to subject the steel to the requisite temperature. Steel may also be gilded by the following process :—To a solution of muriate of gold, add nearly as much sulphuric ether; the ether reduces the gold to a metallic state, and keeps it in solution, while the muriatic acid separates, deprived of its gold, and forms a distinct fluid. Put the steel to be gilded into the ether, which speedily evaporates, depositing a coat of gold on the metal by dint of the attraction between them. After the steel has been immersed, it should be dipped in cold water, and the burnisher applied, which strengthens adhesion. Figures, flowers, and all kinds of pretty ornaments and devices, may be drawn on the steel, by using the ether with a fine brush or pen.

BLUE DYE FOR SILK.

Silk is dyed light blue by a ferment of six parts of bran, six of indigo, six of potass, and one of madder. To dye it of a dark blue, the silk must previously receive what is called a ground-colour; a red dye, called archil, may be used for this purpose.

BOARDS, TO MAKE THEM WHITE.

Boards should not be washed with soap; it spoils the colour of them. Instead of soap, use one part of newly-slaked lime and three parts of common white sand. This mixture is far less expensive than soap, and by the use of it the boards will become beautifully white and clean.

BOARDS, TO SCOUR.

Mix in a saucer three parts of fine sand and one part of lime; dip the scrubbing-brush into this and use it instead of soap. This will remove grease and whiten the boards, while at the same time it will destroy all insects. The boards should be well rinsed with clean water. If they are very greasy, they should be covered over in places with a coating of fullers' earth moistened with boiling water, which should be left on twenty-four hours before they are scoured as above directed.

BOILED FLOUR, USEFUL IN CASES OF VERY RELAXED BOWELS.

Tie up half a pound or a pound of flour in a cloth quite tight, boil it for twelve hours, then let it cool out of the water. When cold reduce it to powder, and give a teaspoonful at a time as a dose. It may be taken dry or moistened with a little milk or weak brandy-and-water.

BONNETS, STRAW, TO CLEAN.

The bonnets may be washed with soap-and-water, then rinsed in clear water, and dried in the air. They must after this be washed over with white of egg, well beaten. The wire must be removed before washing.

BONNETS, STRAW, TO DYE.

Black: Boil two pounds of logwood and half a pound of fustic together for four hours; remove all wire and boil the bonnets in this first; then add a quarter of a pound of green copperas to the above mixture, and reboil the articles one hour longer; expose them to the air for ten minutes, place them in the liquid again for an hour, dry and brush. This will do twelve bonnets.—Grey: Boil three quarters of an ounce

of cutbear for three hours, add two ounces of blue paste; mix with as much water as will cover the bonnets, let them remain in soak ten clear days; rinse and dry, and they are ready for blocking. This is enough for six bonnets.—Brown: Half a pound of fustic chips, quarter of a pound of peachwood, half an ounce of madder; boil these for four hours; add half a pound of green copperas; boil for two hours; dry and brush.

BOOKS, TO REMOVE SPOTS OF GREASE FROM PRINTED.

The spots should be moistened with a camel-hair pencil dipped in rectified spirits of turpentine; when this is dry, moisten the spots with a little spirits of wine, which will effectually remove any stain the turpentine may have left.

BOOT-CLEANING.

Three good brushes and good blacking must be provided; one of the brushes hard, to brush off the mud; the other soft, to lay on the blacking; the third of a medium hardness, for polishing; and each should be kept for its particular use. The blacking should be kept corked up, except when in use, and applied to the brush with a sponge tied to a stick, which, when put away, rests in a notch cut in the cork. When boots come in very muddy, it is a good practice to wash off the mud, and wipe them dry with a sponge; then leave them to dry very gradually on their sides, taking care they are not placed near the fire, or scorched. Much delicacy of treatment is required in cleaning ladies' boots, so as to make the leather look well polished, and the upper part retain a fresh appearance, with the lining free from hand-marks, which are very offensive.

BOOTS, TO WATERPROOF.

Ingredients: 1 pint of boiled linseed-oil, ½ lb. of mutton suet, 6 oz. of clean beeswax, 4 oz. of resin.

Mode: Melt these ingredients and mix them well over the fire, in a pipkin. Give boots or shoes, when dry and clean, a plentiful dressing. It must be put on warm, with a soft brush. The leather will be quite pliant, and resist all moisture.

BOOT-TOPS, TO CLEAN.

1. Mix in a phial 1 drachm of chlorate of potass with 2 oz. of distilled water, and when the salt is dissolved, add 2 oz. of muriatic acid. Then shake well together in another phial 3 oz. of strong spirits of wine, with ¼ oz. of the essential oil of lemons; unite the contents of the two phials, and keep the liquids thus prepared closely corked for use. This chemical liquid should be applied with a clean sponge, and dried in a gentle heat, after which the boot-tops may be polished with a soft brush, and they will appear like new leather.—2. Dissolve in 1 quart of warm water 1 oz. of white vitriol and 1 oz. of oxalic acid.—3. Sour milk, 1 quart; gum-arabic, 1 oz.; juice of two lemons, whites of two eggs, and 2 oz. of oil of vitriol.—4. Sour milk, 1 quart; cream of tartar, tartaric acid, and burnt alum, of each 2 oz.

BOTTLED FRUIT.

Bottled fruit bought at shops is so generally adulterated with copper, which is a deadly poison, and which is made use of to give a bright green appearance to the fruit, that we would strongly advise all careful housekeepers to bottle fruit for themselves. The following is Mr. Saddington's recipe:—"The fruit is to be gathered before it is too ripe, the bottles are to be well filled with it, and closely corked; they are next to be placed in a vessel containing cold water, which should reach as high as the necks of the bottles; heat is then to be applied, and the temperature raised from 160 to 170 degrees, and maintained at this for half an hour; lastly, the bottles are to be filled to within an inch of the corks with boiling water; they are to be well corked immediately, and laid upon their sides, so that the water may swell the corks, whereby the entrance of the air will be effectually prevented." There

can be no question as to the goodness of this recipe, Mr. Saddington having received a premium for his bottled fruits from the Society of Arts.

BOTTLING BEER.

Beer, ale, or porter to be bottled should be in a still state, what is usually called flat; and for this purpose the bung should be left out of the cask for twenty-four hours. The bottles should be perfectly dry and sweet, and when filled, they should stand twenty-four hours before corking. When corked, the bottles should be laid on their sides for a couple of days; after this they may be placed upright, for in this position they are less liable to burst. If wanted for immediate use, put a small piece of sugar, or two or three raisins, into each bottle before corking. Some persons say that it assists the ripening of bottled beer to let it stand on slate.

BOTTLING WINE.

Having thoroughly washed and dried the bottles, supposing they have been before used for the same kind of wine, provide corks, which will be improved by being slightly boiled, or at least steeped in hot water—a wooden hammer or mallet, a bottling-boot, and a squeezer for the corks. Bore a hole in the lower part of the cask with a gimlet, receiving the liquid stream which follows in the bottle and filterer, which is placed in a tub or basin. This operation is best performed by two persons, one to draw the wine, the other to cork the bottles. The drawer is to see that the bottles are up to the mark, but not too full, the bottle being placed in a clean tub to prevent waste. The corking-boot is to be buckled by a strap to the knee, the bottle placed in it, and the cork, after being squeezed in the press, driven in by a flat wooden mallet.

As the wine draws near to the bottom of the cask, a thick piece of muslin must be placed in the strainer, to prevent the viscous grounds from passing into the bottle.

Having carefully counted the bottles, they should be stored away in their respective bins, a layer of sand or sawdust being placed under the first tier, and another over it; a second tier laid over this, protected by a lath, the head of the second being laid to the bottom of the first; over this another bed of sawdust must be laid, not too thick; another lath, and so on, till the bin is filled.

Wine so laid in will be ready for use according to its quality and age. Port wine, old in the wood, will be ready to drink in five or six months; but if it is a fruity wine, it will improve every year. Sherry, if of good quality, will be fit to drink as soon as the "sickness" (as its first condition after bottling is called) ceases, and will also improve; but the cellar must be kept at a perfectly steady temperature, neither too hot nor too cold, but about 55 or 60 degrees, and absolutely free from draughts of cold air.

BOUQUET OF FLOWERS, TO KEEP A LONG TIME.

Sprinkle it lightly with cold water, then put it in a vessel containing some soap-suds, which nourish the stalks, and keep the flowers as good as new. Take the bouquet out of the suds every morning, and lay it sideways in fresh water, the stalks entering first into the water; keep it there a minute or two, then take it out and sprinkle the flowers lightly by the hand with pure water. Replace the flowers in the soap-suds, and they will bloom up as fresh as when gathered.

BRAN POULTICE.

Place the quantity of bran required, according to the size of the poultice, upon the top of the boiling water, and when the heat has penetrated the bran, stir it gently in. Pour off the superabundant water, and apply the poultice as hot as it can be borne.

BRAN TEA.

A very cheap and useful drink in colds, fevers, and restlessness from pain. Put a handful of bran into a pint and a

half of cold water, let it boil rather more than half an hour, then strain it, and, if desired, flavour with sugar and lemon-juice; but it is a pleasant drink without any addition.

BRANDY BITTERS.

A wholesome stomachic. *Ingredients:* 8 oz. of bruised gentian, 4 oz. of Seville orange-peel, 3 oz. of cardamoms, 1 oz. of cassia, ¼ oz. of cochineal, 1 gallon of brandy. *Mode:* Put all together into a stone jar or bottle; stir them gently several times during the first day; then leave them to settle for a week; after which pour off all that is clear, and upon the dregs put 5 pints of water. Leave this for a week or so, then pour off all that is clear, and mix it with the former. Bottle and cork well for use.

BRANDY SHRUB.

Ingredients: 2 lemons, 6 Seville oranges, 2 lb. of white sugar, 2 bottles of brandy, 1 of dark sherry. *Mode:* Rub the sugar on the skins of the lemons and oranges, and put it into a stone bottle with the juice, well strained; then add the brandy and sherry. When the sugar is melted, strain the liquor through a jelly-bag, and bottle it.

BRANDY SMASH.

An American drink. *Ingredients:* Two or three slices of lemon, two or three slices of pineapple, a dessert-spoonful of pounded sugar, shaved or broken ice, one wineglass of brandy. *Mode:* Put the lemon, pineapple, and sugar into a tumbler, fill it up with ice, and pour in the brandy. Drink it through a straw, or not, as preferred.

BRASS ARTICLES, TO CLEAN.

Mix 1 part of rock alum with 16 parts of water, or take finely-powdered sal-ammoniac moistened with water. The articles to be cleaned must be made quite warm before the fire, and rubbed with either of the above mixtures. After this, they can be finished off with fine Tripoli, which will give them the brilliancy of gold.

BRASS ARTICLES, TO CLEAN, Another way.

First remove all the stains, by rubbing the brass with a flannel dipped in vinegar; then polish with a leather and dry rotten-stone.

BRASS, OLD, TO CLEAN.

Old brass, if it has been originally lacquered, may readily be cleaned for re-lacquering by putting it for a few hours in a bath of aquafortis and water. This will bring off the old lacquer, and it may then be cleaned and brightened with bran, and when bright, re-lacquered. Boiling in a strong solution of soda will also clean old brass. Lacquer does not give the brilliancy to metal-work, but preserves the brightness which has been obtained by turning in a lathe and polishing. Some articles with indented surfaces are cleaned by being held against a scratch-brush, fixed to the lathe like a chuck. Preparations for lacquering are sold by oilmen and ironmongers.

BRASS ORNAMENTS INLAID IN WOOD, TO POLISH.

If the brass-work is very dull, file it with a small smooth file; then polish it with a piece of soft felt dipped in Tripoli powder mixed with linseed-oil until the desired effect is obtained.

BRASS, PASTE FOR CLEANING.

Rotten-stone, 2 oz.; oxalic acid, ½ oz.; sweet oil, ¾ oz.; turpentine, enough to make a paste. Apply it with a little water.

BRASS, TO POLISH.

Dissolve 1 oz. of oxalic acid in one pint of soft water. Rub it on the brass with a piece of flannel, and polish with another dry piece. This solution should be kept in a bottle labelled "poison,"

and the bottle well shaken before it is used, which should be only occasionally; for in a general way the brass should be cleaned with pulverized rotten-stone, mixed into a liquid state with oil of turpentine. Rub this on with a piece of soft leather, leave it for a few minutes, and then wipe it off with a soft cloth. Brass treated generally with the latter, and occasionally with the former mode of cleaning, will look most beautiful; or a very good general polish for brass may be made of ¼ lb. of rotten-stone and 1 oz. of oxalic acid, with as much water as will make it into a stiff paste. Set this paste on a plate in a cool oven to dry, pound it very fine, and apply a little of the powder, moistened with sweet oil, to the brass with a piece of leather, polishing with another leather or an old silk handkerchief. This powder should also be labelled "poison."

BREAD POULTICE.

Cut a slice of crumb of bread—the size required—out of a stale loaf, put it in a warmed basin, and pour upon it boiling water; leave it for a few minutes with a plate over it to soak. Then drain off all the water, spread the poultice on a piece of soft linen rag and apply it as hot as it can be borne. It is much neater and generally as efficacious to wrap up the poultice in fine muslin, so that the bread does not adhere to the skin, and the whole may be removed without any mess.

BREAD-AND-WATER POULTICE, ABERNETHY'S PLAN.

First scald out a basin; then having put in some boiling water, throw in coarsely-crumbled bread, and cover it with a plate. When the bread has soaked up as much water as it will imbibe, drain off the remaining water, and there will be left a light pulp. Spread this a third of an inch thick on folded linen, and apply it when of the temperature of a warm bath. To preserve it moist, occasionally drop warm water on it.

BREASTS, SALVE FOR WHEN SORE.

Ingredients: Bees-wax, fresh butter, white diachylon, elder-flower water, sweet oil, pale brandy.

Mode: Take equal quantities of the above ingredients, melt them over a slow fire in an earthen pipkin, stir them till nearly cold to keep them well mixed. The contents of the pipkin may be poured into a small jar and kept for use. This salve is invaluable in all cases of sore breasts, and good also for broken chilblains, and indeed sores of all kinds.

BREATH, THE.

Almost every incident which can affect the general health, extends its influence to the breath. Thus, fatigue, induced either by immoderate exercise or repeated and protracted vigils, will render the breath impure. Anxiety of mind, excitement of the brain by intellectual labour, sedentary habits, costiveness, and dyspepsia, will have the like effect. The most effective sweetener of the breath is health of body; but when vapours and fermentation of the stomach exist, the only substances which can destroy the fetid exhalations are the disinfecting chlorides. All perfumes used to wash the mouth do no more than combine their powerful odour with the fetor that exhales from the stomach, causing a sickly compound often more intolerable than the stench itself freed from the perfume. As the solution of chloride of lime is too harsh, the solution of chlorinated soda should alone be admitted to the toilette. From six to ten drops of this substance in a wine-glassful of pure spring water, taken soon after breakfast, will instantly sweeten the breath by disinfecting the stomach, which, far from being injured, will be benefited by the medicine. If necessary, this may be repeated in the middle of the day. To keep the breath sweet, chloride lozenges have lately been invented, which may be carried about the

person, and used as occasion requires. We append an excellent formula for their manufacture:—Chloride of lime, dry and in fine powder, ¼ oz.; white sugar, ¾ lb.; mucilage of gum-tragacanth to mix.

BREATH, TO SWEETEN.

Unpleasant breath is as frequently due to decayed teeth as to a foul state of the stomach. Stopping or pulling out will remove the former cause, as cleansing medicine the latter. The breath, however, may for a time be sweetened by chewing a small piece of orris-root, and by the occasional or constant use of the following as a tooth powder:—*Ingredients:* ¼ oz. of charcoal, ¼ oz. of orris-root, ¼ oz. of powdered myrrh, 1 drachm of powdered cinnamon, 1 drachm of powdered camphor. These ingredients must be mixed together, and they should be kept in a well-corked bottle.

BREWER'S BITTERS.

Half a pound of fresh hops put into an 18-gallon cask just before it is bunged down, ought to impart to the beer, if properly brewed, all the bitter flavour required. It is well known, however, that other means are made use of. The following are the most simple; and if they do not tend to render the beverage more wholesome, they certainly improve the flavour and appearance of indifferently brewed beer:—1. Take of powdered gentian 2 parts, extract of gentian 1 part, sufficient treacle to mix them into small balls, one or more of which may be put into the cask of beer. —2. Take of quassia 2 parts; cocculus indicus, 1 part; Italian juice, 1 part; water, 25 parts; boil until reduced to 20 parts, then add copperas 1 part. Boil to a syrup, and apply to the beer any quantity required, to taste.—3. Take equal parts of extract of quassia, extract of cocculus indicus, extract of liquorice, and sulphate of iron. Mix them well and add a small quantity to each cask.

BRIDLES.

Every time a horse is unbridled, the bit should be carefully washed and dried, and the leathers wiped, to keep them sweet, as well as the girths and saddle, the latter being carefully dried and beaten with a switch before it is again put on.

BRIGHT BARS OF STOVES, TO CLEAN.

Boil slowly 1 lb. of soft soap in two quarts of water till they are reduced to one quart, and make of this a paste with emery powder; place some of the paste on a piece of woollen cloth, and rub the bars well with it.

BRINE.

It is a generally received opinion that when an egg will float in brine, it is of sufficient strength for keeping meat. This is a test good enough for most practical purposes; but the floating of the egg is no certain test of the strength of brine; for an egg floats in water of very different degrees of saltness. The strongest brine is that which is made of as much salt as the water will hold in solution or take up, and this is about 7½ oz. of salt to the imperial pint.

BRITANNIA METAL.

Articles made of what is usually called Britannia metal may be kept in order by the frequent use of the following composition:—¼ lb. of finely-powdered whitening, a wineglass of sweet oil, a table-spoonful of soft soap, ¼ oz. of yellow soap melted in water. Add to these in mixing sufficient spirits—gin or spirits of wine—to make the compound the consistency of cream. This cream should be applied with a sponge or soft flannel, wiped off with soft linen rags, and the article well polished with a leather.

Another Mode.—Have the articles well scalded and dried; rub them over thoroughly with a flannel, moistened with rape-oil; then rub them briskly

with soft linen rags till quite clean, and polish off with a soft wash-leather and a little fine whiting.

Another Mode.—Rub the metal well with sweet oil on a piece of flannel, to remove all spots and tarnish; dry it well, and then polish it with dry crocus-powder on a wash-leather. Use a brush to the crevices.

Another Mode.—Rub the articles with sweet oil on a piece of woollen cloth; then wash them well with strong soap-and-water; rub them dry and polish with a soft leather and whiting. The polish thus given will last for a long time.

BRITISH BRANDY, TO IMPROVE THE FLAVOUR OF.

Put about 50 French plums into a stone bottle, and pour upon them 1 gal. of British brandy; let it steep for ten days, then strain off the brandy. The disagreeable taste of straw, which is always found in home-made brandy, will be then removed, and the flavour assimilated to French brandy.

BROKEN KNEES.

Broken knees are of very frequent occurrence with horses, which are always lessened in value on account of them. Though they are not always a real harm, they are always a blemish. When accidents of this sort occur, wash the knees quite free from all dirt or grit with warm water, and if the injury be not very bad, dress the wound with Fryer's balsam, or with arnica, in the proportion of 1 part of arnica to 10 parts of water. Arnica is far better than Fryer's balsam; and its efficacy may be very greatly increased by using Goulard lotion instead of water to dilute it. When the wound is thoroughly healed, great care should be taken to smooth the hair down three or four times a day, in order that it may well cover the place again and show no marks. In all cases where the knees are very badly broken, a skilful veterinary surgeon should be called in; as, beyond the dressing of the wound, the horse's health will require attention, and proper physic will materially assist the cure. A soft rag wetted with diluted arnica should be kept bound round the wound.

BROKEN-WINDED HORSES, TREATMENT OF.

This complaint is no doubt in some cases hereditary; but, in general, it is brought about by injudicious management, and especially by the use of mouldy hay. Owners of horses cannot be too particular about the hay they buy. Bad and indifferent hay is dear at any price, and no horse should be allowed to eat hay that has the slightest tinge of mould about it. Very much relief may be given to a broken-winded horse by proper feeding. Never give long hay. Let the food be the most nutritious possible, and that which will go into the smallest compass, as cut hay and corn and a few beans. Also be careful never to let a broken-winded horse have water within an hour of taking him out. The breathing will be much improved, and the horse will do its work more pleasantly if a ball of the following mixture be administered about half an hour before he takes a journey. Mix together equal parts of linseed meal, hog's lard, and tar; and give for a ball a piece about the size of a walnut, in paper.

BRONZE FOR GUN-BARRELS.

Ingredients: Half an ounce of aquafortis, ½ oz. of sweet spirits of nitre, ½ oz. of spirits of wine, 1 oz. of sulphate of copper, 15 oz. of water, ½ oz. tincture of muriate of iron.—*Mode:* Mix all these ingredients well together; clean the barrel of the gun with lime-and-water, then apply with a sponge the bronze mixture to it; leave the barrel till quite dry, then polish it with a stiff brush.

BRONZE VARNISH FOR STATUARY.

Cut best hard soap, 50 parts, into fine shavings; dissolve in boiling water,

2 parts, to which add a solution of blue vitriol, 15 parts, in pure water, 60 parts. Wash this copper-soap with water, dry it at a very slow heat, and dissolve it in spirits of turpentine for use as varnish.

BRONZING OF ORNAMENTS OF COPPER, &c.

Dissolve 1 oz. of verdigris and ½ oz. of sal-ammoniac in ½ pint of vinegar, and dilute the mixture with water until it tastes but slightly metallic, when it must be boiled for a few minutes, and filtered for use. Copper medals, &c., previously thoroughly cleaned from grease and dirt, are to be steeped in the liquor at the boiling point, until the desired effect is produced. Care must be taken not to keep them in the solution too long. When taken out, they should be carefully washed in hot water, and well dried.

BRONZING FOR PLASTER-WORK.

Brackets and other small pieces of plaster-work may readily be made to imitate bronze by the following simple process. Prepare the work by dressing it two or three times with olive-oil, until it ceases, in a great measure, to absorb; then leave it to dry. After this, give it one dressing with patent soluble size, and another, when this is dry, with japanner's gold size. These dressings are required to correct the porous nature of the plaster, and to prepare it to receive the bronzing powder. The next step is to paint the work with a good dark olive-green paint, mixed as for house-work, and to set it in some place free from dust to dry. Before the paint hardens—that is, while it retains sufficient moisture for anything to adhere to it—the bronzing powder must be laid on. Bronzer's powder, which is sold by the ounce at any artists' colourman's, is of two kinds; viz., the red or coppery, and the yellow: the latter is generally preferred. This, however, is a matter of taste. It is to be dusted on to the work with a large soft brush, or shaken over it from a muslin bag, taking care to let but a small amount of powder fall in places requiring shade, and laying it on thickly wherever light should fall. The artistic taste of the operator must direct him in this matter, and he must remember on no account to touch, with his finger, or anything else, the work while in progress. When the plaster model, thus prepared and dusted, is thoroughly dry, it must be polished by rubbing bronze powder into it with a soft silk handkerchief. If the work has been properly done, according to these directions, it will have an excellent effect. The operation of bronzing common plaster casts, figures, busts, brackets, &c. &c., is not difficult; but it presupposes a good knowledge of light and shade on the part of the operator.

BRONZING TIN CASTINGS.

When clean, wash them with a mixture of 1 part each of sulphate of copper and sulphate of iron in 20 parts of water; dry, and wash again with distilled vinegar, 11 parts. When dry, polish with colcothar.

BROWN BREAD.

There is often some difficulty in obtaining from the millers the whole meal necessary for the home manufacturing of brown bread. Whenever this is the case, let bran be mixed in any quantity that may be thought requisite with the white flour used in making bread. This will answer every purpose, as brown flour is only the wheat ground and the bran not separated from it. The brown bread so made will be found equally good, and also in a general way much cheaper, than when meal is bought on purpose.

BROWN DYE FOR WOOLLEN ARTICLES.

Brown, or fawn-colour, though in fact a compound, is usually ranked among the simple colours, because it is applied to cloth by a single process. Various substances are used for brown

dyes. Walnut-peelings, or the green covering of the walnut, when first separated, are white internally, but soon turn to a brown, or even a black, colour when exposed to the air. They readily yield their colouring matter to water. They are commonly kept in large casks covered with water, for about a year prior to use. To dye wool brown with them, nothing more is required than to steep the cloth in a decoction of them till it has acquired the wished-for colour. The depth of the shade is proportioned to the shade of the decoction. If the cloth be first passed through a mordant of alum, the colour is brightened. The root of the walnut-tree contains the same colouring matter, but in less quantity. The bark of the birch, also, and many other trees, may be used for the same purpose.

BRUISES, CUTS, SPRAINS, &c.

1. Wherever the bruise may be, or however swollen or discoloured the skin may become, two or three applications of the *Extract of lead*, kept to the part by means of lint, will, in an hour or little more, remove all pain, swelling, and tenderness. Simple or clean cuts only require the edges of the wound to be placed in their exact situation, drawn close together, and secured there by one or two slips of adhesive plaster. When the wound, however, is jagged, or the flesh or cuticle lacerated, the parts are to be laid as smooth and regular as possible, and a piece of lint, wetted in the *Extract of lead*, laid upon the wound, and a piece of greased lint placed above it to prevent the dressing sticking; the whole covered over to protect from injury, and the part dressed in the same manner once a day till the cure is effected. The best application for a bruise, be it large or small, is moist warmth; therefore, a warm bread-and-water poultice in hot moist flannels should be put on, as it supples the skin. If the bruise be very severe, and in the neighbourhood of a joint, it will be well to apply ten or a dozen leeches over the whole bruised part, and afterwards a poultice. But leeches should not be put on young children. If the bruised part be the knee or the ankle, walking should not be attempted till it can be performed without pain. Inattention to this point often lays the foundation for serious mischief in these joints, especially in the case of scrofulous persons. In all conditions of bruises occurring in children, whether swellings or abrasions, no remedy is so quick or certain of effecting a cure as the pure extract of lead applied to the part.

If the bruise is not very severe, bathe it with cold water till all appearance of blackness and swelling is gone. A severe bruise should be first well bathed with hot water, and then covered with a plaster of treacle spread on linen.

2. As soon as possible after the accident, place on the injured part a piece of rag wetted with tincture of arnica 1 part, and water from 5 to 8 parts. Sometimes it will be advisable to make warm applications, such as a large bread poultice, or hot fomentations by means of frequently-renewed flannels. In the case of a sprain, an easy position must instantly be sought for. Should the wrist be the part injured, a sling must be worn; if the ankle, place the injured joint upon a couch or stool. Take off bandages night and morning, and rub the place affected with the lotion, using the palm of the hand.

Other remedies for.—If very painful, apply a hot bread-and-water poultice to the part; or bathe it for a time with warm water; or apply flannels steeped and wrung out, as hot as possible; or try the following plaster:—Simmer a pint of porter in a pipkin until it is reduced to a paste-like residuum; spread this residuum on soft leather, and apply it to the bruise. If the bruise be very near a joint, it may be advisable to apply leeches.

BRUISES, IN THE CASE OF HORSES.

In the first instance, as soon as possible after the injury, foment the part

well with hot water for half an hour at the least. Then, after a time, make use of the following lotion.—*Ingredients:* 6 oz. of vinegar, 6 oz. of spring water, 2 oz. of sal-ammoniac, 2 oz. of tincture of camphor, 1 oz. tincture of aloes.—*Mode:* Mix these in a bottle, and apply the lotion to the bruise by means of a piece of rag, which must be well soaked with it three or four times a day.

BRUNSWICK BLACK.

In an iron pot, over a slow fire, boil 45 lb. of foreign asphaltum for six hours; at the same time boil in another iron pot 6 gallons of oil which has been previously boiled. During the boiling of the 6 gallons, introduce 6 lb. of litharge gradually, and boil until it feels stringy between the fingers; then ladle or pour it into the pot containing the boiling asphaltum. Let the mixture boil until, upon trial, it will roll into hard pills; then let it cool, and mix it with 25 gallons of turpentine, or until it is of a proper consistence.

Another and cheaper recipe.—Put 28 lb. of common black pitch and 28 lb. of common asphaltum made from gas tar, into an iron pot; boil both for eight or ten hours, which will evaporate the gas and moisture; let it stand all night, and early next morning, as soon as it boils, put in 8 gallons of boiled oil; then introduce, gradually, 10 lb. of red lead and 10 lb. of litharge, and boil for three hours, or until it will roll very hard. When ready for mixing, introduce 20 gallons of turpentine or more, until it is of a proper consistence. This is intended for engineers, founders, ironmongers, &c.; it is an excellent black, and will dry in half an hour, or less, if properly boiled.

For Grates.—Ingredients: 1¼ lb. of asphaltum, ½ gallon of boiled oil, 1 quart of spirits of turpentine.—*Mode:* Melt the asphaltum and stir in the other ingredients.

Another.—Ingredients: ½ lb. of litharge, 3 lb. of asphaltum, ½ gallon of boiled oil, 2 gallons of turpentine.—*Mode:* Boil the litharge, asphaltum, and oil until the mixture strings well, and on cooling a little becomes quite hard; then take it off the fire and thin it with the spirits of turpentine.

Another, cheaper.—Ingredients: 2½ lb. of black pitch, 2½ lb. of black resin, 2½ lb. of black tar, 1 gallon of boiled oil, and 1 lb. of litharge.—*Mode:* Melt and mix well the pitch, resin, and tar; then add the boiled oil and stir in the litharge. Boil the whole till stringy, and thin it down with spirits of turpentine.

BRUSHES, TO WASH.

Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water. Put the water into a basin, and, after combing out the hair from the brushes, dip them, bristles downwards, into the water and out again, keeping the backs and handles as free from the water as possible. Repeat this until the bristles look clean; then rinse the brushes in a little cold water; shake them well, and wipe the handles and backs with a towel, *but not the bristles*, and set the brushes, wrapped in paper, to dry in the sun, or near the fire, but take care not to put them too close to it. Wiping the bristles of a brush makes them soft, as does also the use of soap.

BRUSHING CLOTHES

Is a very simple but very necessary operation. Fine cloths require to be brushed lightly, and with rather a soft brush, except where mud is to be removed, when a hard one is necessary, being previously beaten lightly to dislodge the dirt. Lay the garment on a table, and brush it in the direction of the nap. Having brushed it properly, turn the sleeves back to the collar, so that the folds may come at the elbow-joints; next turn the lappels or sides back over the folded sleeves; then lay the skirts over level with the collar, so that the crease may fall about the centre, and double one half over the other, so as the fold comes in the centre of the back.

BUGS, TO GET RID OF.

Of all the pests which infest houses, bugs are the most disagreeable; we shrink from the very mention of their name, and the mere thought of their presence fills us with perpetual irritation. They live and flourish in a close atmosphere and dirt; fresh air and cleanliness are destruction to them. Some houses in crowded cities, from long neglect, are so infested with them that it is hardly possible to get rid of them. Where such is the case, however, the best plan is to remove all paper from the walls, &c., to wash the walls with boiling-hot size previous to whitewashing; to wash all boards and every joint and crevice that can possibly harbour these offensive insects, with a solution of alum boiling hot; or naphtha brushed on cold will answer the same purpose. Fumigation is recommended by some persons as the only effective remedy. This is done by removing all furniture from the room, stopping up every chink and crevice so that no air may be admitted; and then, having cut up 4 oz. of brimstone in an iron pan, and prepared some rags soaked in brimstone to be placed in the pan also, set light to the rags and leave the room immediately, closing the door and covering up the chinks of it. After twenty-four hours the door and windows may be opened. Such fumigation is said to destroy both the insects and their eggs. When these vermin are confined to beds and furniture, let the beds be taken to pieces, the furniture scoured or washed, if it will bear it, in boiling water, and all the woodwork, especially the joints and screw-holes, well brushed over with a mercurial ointment made of 4 oz. of quicksilver beaten to a froth in a mortar with the whites of two eggs.

But, perhaps, the easiest and most simple way of destroying these disgusting pests is hot alum-water. Take 2 lb. of alum, beat it in a mortar, and reduce it nearly to a powder; then put it into 3 quarts of boiling water and let it stand near the fire till dissolved. When required, it must be used quite hot, and should be well soaked in, with a brush, to every joint and crevice where these odious creatures are likely to resort. Mix plenty of alum in the whitewash to be used on the ceilings and walls of all suspected rooms.

BULBS, IN FLOWER-GLASS, TO HASTEN THE BLOOMING OF.

Dissolve 12 oz. of nitrate of potash, 4 oz. of common salt, 3 oz. of pearlash, 5 oz. of moist sugar in 1 quart of rainwater, and put a dessert-spoonful of this liquid into the flower-glass, which should be filled with soft water so as not quite to touch the bulb. Change the water, and add some more of the liquid every nine days. In changing the water do not remove the bulb, but merely tilt the glass on one side.

BUNIONS.

The treatment consists in removing all pressure from the part. The formaof a bunion may in the beginning be prevented, *but only in the beginning;* for when once actually formed, it is scarcely possible ever to get rid of it, and it remains an everlasting plague. To prevent the formation of a bunion, it is necessary, whenever and wherever a shoe or boot pinches, to have it eased at once; and so long as that part of the foot pinched remains tender, not to put on the offending shoe again. When a bunion has once completely formed, if the person wish to have any peace, and not have the bunion increase, he must have a last made to fit his foot, and have his shoe made upon it. Whenever the bunion inflames, and is painful, it must be bathed with warm water and poulticed at night.

BURNISHED GILDING.

This is principally applied to the frames of pictures and mirrors, and to similar objects. It is performed by giving the wood, first, a coating of good

size; and next, several successive coats of size thickened with finely-powdered whiting, Spanish white, or plaster of Paris, until a good face is produced; observing to let each coat become quite dry, and to rub it perfectly smooth with fine glass-paper, before the application of the following one: when the proper face is obtained, the surface is thinly and evenly gone over with gold-size, and when this is nearly dry, the gold-leaf is applied and afterwards burnished.

BURNISHING.

For picture-frames, mouldings, beadings, fine stucco-work, &c. The surface to be gilt must be carefully covered with a strong size, made by boiling down pieces of white leather, or clippings of parchment, till they are reduced to stiff jelly. This coating being dried, eight or ten more must be applied, consisting of the same size, mixed with fine plaster of Paris or washed chalk; when a sufficient number of layers has been put on (varying according to the nature of the work), and the whole has become quite dry, a moderately thick layer must be applied, composed of size and Armenian bole, or yellow oxide of lead. While this last is yet moist, the gold leaf is to be put on in the usual manner; it will immediately adhere on being pressed by the cotton ball, and before the size is perfectly dry, those parts which are intended to be the most brilliant are to be carefully burnished by an agate or dog's tooth. When dirty, it may be cleaned by a soft brush, with hot spirits of wine, or oil of turpentine.

BURNS AND SCALDS;

Being essentially the same in all particulars, and differing only in the manner of their production, may be spoken of together. As a general rule, scalds are less severe than burns; because the heat of water, by which scalds are mostly produced, is not, even when it is boiling, so intense as that of flame; oil, however, and other liquids, whose boiling-point is high, produce scalds of a very severe nature. Burns and scalds have been divided into three classes. The first class comprises those where the burn is altogether superficial, and merely reddens the skin; the second, where the injury is greater, and we get little bladders containing a fluid (called serum) dotted over the affected part; in the third class we get, in the case of burns, a charring, and in that of scalds, a softening or pulpiness, perhaps a complete and immediate separation of the part. This may occur at once, or in the course of a little time. The pain from the second kind of burns is much more severe than that in the other two, although the danger, as a general rule, is less than it is in the third class. These injuries are much more dangerous when they take place on the trunk than when they happen on the arms or legs. The danger arises more from the extent of surface that is burnt than from the depth to which the burn goes. This rule, of course, has certain exceptions; because a small burn on the chest or belly penetrating deeply is more dangerous than a more extensive but superficial one on the arm or leg. When a person's clothes are in flames, the best way of extinguishing them is to wind a rug, or some thick material, tightly round the whole of the body.

Treatment of the First Class of Burns and Scalds.—Of the part affected.—Cover it immediately with a good coating of common flour, or cotton-wool with flour dredged well into it. The great thing is to keep the affected surface of the skin from contact with the air. The part will shortly get well, and the skin may or may not peel off.—*Constitutional Treatment:* If the burn or scald is not extensive, and there is no prostration of strength, this is very simple, and consists in simply giving a little aperient medicine—pills, as follows: Mix 5 grains of blue pill and the same quantity of compound extract of colocynth, and make into two pills—the dose for a full-grown person. Three hours after the pills give a black draught. If there are general symptoms of fever, such as hot skin, thirst, headache, &c. &c., two tablespoonfuls of fever-mix-

ture are to be given every four hours. The fever-mixture, we remind our readers, is made thus:—Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre, in ½ pint of water.

Second Class.—Local Treatment: As the symptoms of these kinds of burns are more severe than those of the first class, so the remedies appropriate to them are more powerful. Having, as carefully as possible, removed the clothes from the burnt surface, and taking care not to break the bladders, spread the following liniment (No. 1) on a piece of linen or lint—not the *fluffy* side—and apply it to the part: the liniment should be equal parts of lime-water and linseed-oil, well mixed. If the burn is on the trunk of the body, it is better to use a warm linseed-meal poultice. After a few days dress the wound with Turner's cerate. If the burn is at the bend of the elbow, place the arm in the *straight* position; for if it is *bent*, the skin, when healed, will be contracted, and the arm, in all probability, always remain in the same unnatural position. This, indeed, applies to all parts of the body; therefore, always place the part affected in the most *stretched* position possible.—*Constitutional Treatment:* The same kind of treatment is to be used as for the first class, only it must be more powerful. Stimulants are more often necessary, but must be given with great caution. If, as is often the case, there is great irritability and restlessness, a dose of opium (paregoric, in doses of from 60 to 100 drops, according to age, is best) is of great service. The feverish symptoms will require aperient medicines and the fever-mixture. A drink made of about a tablespoonful of cream of tartar and a little lemon-juice, in a quart of warm water, allowed to cool, is a very nice one in these cases. The diet throughout should not be too low, especially if there is much discharge from the wound. After a few days it is often necessary to give wine, ammonia, and strong beef-tea. These

should be had recourse to when the tongue gets dry and dark, and the pulse weak and frequent. If there should be, after the lapse of a week or two, pain over one particular part of the belly, a blister should be put on it, and a powder of mercury and chalk—grey powder, and Dover's powder (2 grains of the former and 5 of the latter) given three times a day. Affections of the head and chest also frequently occur as a consequence of these kinds of burns, but no one who is not a medical man can treat them.

Third Class.—These are so severe as to make it impossible for a non-professional person to be of much service in attending to them. When they occur, a surgeon should always be sent for. Until he arrives, however, the following treatment should be adopted:—Place the patient full-length on his back, and keep him warm. Apply fomentations of flannels wrung out of boiling water and sprinkled with spirits of turpentine to the part, and give wine and sal-volatile in such quantities as the prostration of strength requires; always bearing in mind the great fact that you have to steer between two quicksands—death from present prostration, and death from future excitement, which will always be increased in proportion to the amount of stimulants given. Give, therefore, only just as much as is absolutely necessary to keep life in the body.

Should the injury be confined to only a small surface, the part may be kept constantly cold with linen rags steeped in cold water; but should the injury be extensive, then the best mode of procedure will be to brush over the burnt or scalded surface with turpentine; and after a few minutes with turpentine and linseed-oil in equal proportions; finally with linseed-oil only. After this the limb or part should be closely enveloped in cotton wadding, which should be kept on for three or four days, by which time the skin will be found to have healed. The following are the most popular remedies for ordinary burns or scalds. Carron-oil,

is compounded of equal parts of linseed-oil and lime-water. The preparation takes its name from the Carron Iron-works, where it was first used. Glycerine brushed on with a feather is an excellent remedy. Grated potatoes, applied in the form of a poultice, are a serviceable agent. Flour constantly dredged over the surface is almost as beneficial an application as cotton-wool. Thick gum-water smeared over the injured part, to protect it against the air, may be employed; but on account of its tendency to crack when dry, it is not so good as the glycerine. For small burns or scalds collodion may be used in the same way as gum-water or glycerine.

The benefit of a remedy generally depends upon the early application of it. Hence the value of those remedies which are composed of materials within reach of every one. Few remedies for burns and scalds are more efficacious or more easily to be had than the following:—Reduce to pulp, in a mortar, a large onion and a potato about the same size. Make this pulp into a salve with a tablespoonful of salad-oil, and apply the salve, thickly, to the burn or scald—covering it with a bandage.

Liniment.—The following may be used as liniment, provided the skin be not broken:—Warm vinegar and water, in equal parts; or, sweet oil and lime-water, in equal parts, well shaken together; or, spirits of turpentine: this last, when applied to recent burns, if the skin be not broken, will give immediate relief.

Remedies.—Make strong suds of yellow soap and cold water, moisten a piece of rag with it, and place it closely over the burn. Do not remove the rag; but, as warmth returns, keep it well wetted with the same application.

Another.—Make an ointment of beeswax and sweet oil, of such a consistency that it will spread easily. Apply it to the wound spread thickly on soft lint, and keep the lint well soaked with Goulard lotion.

Another.—The following remedy, sent to the *Times* by a regular practitioner, is described as simple, readily procured, and almost magical in its efficacy:—Mix common kitchen whiting with sweet oil, or, if sweet oil is not at hand, with water. Plaster the whole of the burn and some inches beyond it, all round with the above, after mixing it to the consistency of common paste, and lay it on, an eighth, or rather more, of an inch in thickness. It acts like a charm: the most agonizing pain is in a few minutes stilled. Take care to keep the mixture moist by the application, from time to time, of fresh oil or fresh water, and at night wrap the whole part affected in gutta-percha or flannel, to keep the moisture from evaporating. The patient will, in all probability, unless the flesh be much injured and the burn a very bad one, sleep soundly.

BUTLER, DUTIES OF THE.

The domestic duties of the butler are to bring in the eatables at breakfast, and wait upon the family at that meal, assisted by the footman, and see to the cleanliness of everything at table. On taking away, he removes the tray with the china and plate, for which he is responsible. At luncheon, he arranges the meal, and waits unassisted, the footman being now engaged in other duties. At dinner, he places the silver and plated articles on the table, sees that everything is in its place, and rectifies what is wrong. He carries in the first dish, and announces in the drawing-room that dinner is on the table, and respectfully stands by the door until the company are seated, when he takes his place behind his master's chair on the left, to remove the covers, handing them to the other attendants to carry out. After the first course of plates is supplied, his place is at the sideboard to serve the wines, but only when called on.

The first course ended, he rings the cook's bell, and hands the dishes from the table to the other servants to carry away, receiving from them the second

course, which he places on the table, removing the covers as before, and again taking his place at the side-board.

At dessert, the slips being removed, the butler receives the dessert from the other servants, and arranges it on the table, with plates and glasses, and then takes his place behind his master's chair to hand the wines and ices, while the footman stands behind his mistress for the same purpose, the other attendants leaving the room. Where the old-fashioned practice of having the dessert on the polished table, without any cloth, is still adhered to, the butler should rub off any marks made by the hot dishes before arranging the dessert.

Before dinner, he has satisfied himself that the lamps, candles, or gas-burners are in perfect order, if not lighted, which will usually be the case. Having served every one with his share of the dessert, put the fires in order (when these are used), and seen the lights are all right, at a signal from his master he and the footman leave the room.

He now proceeds to the drawing-room, arranges the fireplace, and sees to the lights; he then returns to his pantry, prepared to answer the bell, and attend to the company, while the footman is clearing away and cleaning the plate and glasses.

At tea he again attends. At bed-time he appears with the candles; he locks up the plate, secures doors and windows, and sees that all the fires are safe.

In addition to these duties, the butler, where only one footman is kept, will be required to perform some of the duties of the valet, to pay bills, and superintend the other servants. But the real duties of the butler are in the wine-cellar; there he should be competent to advise his master as to the price and quality of the wine to be laid in; "fine," bottle, cork, and seal it, and place it in the binns. Brewing, racking, and bottling belong to his office, as well as their distribution. These and other drinkables are brought from the cellar every day by his own hands, except where an under-butler is kept; and a careful entry of every bottle used, entered in the cellar-book; so that the book should always show the contents of the cellar.

The office of butler is thus one of very great trust in a household. Here, as elsewhere, honesty is the best policy: the butler should make it his business to understand the proper treatment of the different wines under his charge, which he can easily do from the wine-merchant, and faithfully attend to it; his own reputation will soon compensate for the absence of bribes from unprincipled wine-merchants, if he serves a generous and hospitable master. Nothing spreads more rapidly in society than the reputation of a good wine-cellar, and all that is required are wines well chosen and well cared for; and this a little knowledge, carefully applied, will soon supply.

The butler, we have said, has charge of the contents of the cellars, and it is his duty to keep them in a proper condition, to fine down wine in wood, bottle it off, and store it away in places suited to the sorts. Where wine comes into the cellar ready bottled, it is usual to return the same number of empty bottles. The butler has not, in this case, the same inducements to keep the bottles of the different sorts separated; but where the wine is bottled in the house, he will find his account, not only in keeping them separate, but in rinsing them well, and even washing them with clean water as soon as they are empty.

BUTTER, TO PRESERVE.

When butter is plentiful and good, it may be preserved against a time of scarcity by being put down in glazed earthen pots, prepared with the following ingredients, which will, of course, make it a little salt; but not otherwise interfere with its flavour:—Take 2 parts of common salt, 1 part of loaf-sugar, and 1 part of saltpetre; pound these well together in a mortar,

and work 1 oz. of this mixture into every 16 oz. of butter. Butter so prepared should not be used under a month, and it is best kept in quantities of about 10 or 12 pounds. It should, of course, be thoroughly free from all butter-milk. Thus prepared, butter may be kept for a long period. It can also be kept for some time with the addition of only common salt, 1 oz. to 16 oz. of butter, well kneaded in, and the butter put down in jars and kept pressed close down, so that no air can get to it.

Another.—Take 5 parts of loaf-sugar, 8 parts of saltpetre, 32 parts of common salt; powder them fine and sift them; work 1 oz. of this mixture well into every pound of butter, and pack it close in strong glass jars. Butter so prepared and covered over with a bladder will keep for many months. It also keeps good a long time by merely clarifying it. This is done by putting the butter in a jar in hot water to melt, leaving it a short time to settle, and then pouring off the clear butter, which should be cooled as quickly as possible.

Another.—The butter must be well churned and worked, and packed hard and tight in kegs of seasoned white oak; the head is then put in, leaving a small hole, in which brine is poured to fill the vacant space; and of so much importance is it deemed, to prevent any bad taste, that the plug for the hole must not be made of cedar or pines, but of cypress or bass-wood; as otherwise it would be injured. After this, the kegs are to be placed in hogsheads well filled with brine of full solution that will bear an egg; then head up tight and close. By adopting this process butter may be made to keep in any climate.

BUTTER, TO REMOVE THE TASTE OF TURNIPS FROM.

Put a small piece of saltpetre into the pail, and milk the cow upon this. A piece about the size of a small walnut is sufficient for a two-gallon pail; or dissolve 1 part of nitre in 20 parts of water, and put a spoonful into the milk while warm from the cow. Both these answer the purpose; the first method never fails.

BUTTER, SOLUBLE GLASS IN.

It is too true that butter is sometimes adulterated with soluble glass—a compound of silex and potash. But the adulteration may be discovered by agitating a portion of the butter with ether, which dissolves the fatty matters, leaving the rest behind. It may be proved that this residue is soluble glass by pouring hydrochloric acid over it, heating, calcining the residue, and when it has cooled acting upon it again with hydrochloric acid, which dissolves the alkali and leaves the silex, the chief constituent of the soluble glass, behind.

CALICO, TO MAKE TRANSPARENT AND WATERPROOF.

Take 6 pints of pale linseed-oil, 2 oz. of sugar-of-lead, and 8 oz. of white resin: the sugar-of-lead must be ground with a small quantity of resin, and added to the remainder, which should be incorporated with the oil by means of a gentle heat. The composition may then be laid on calico, or any other such material, by means of a brush.

This forms a useful covering for cucumber-frames instead of glass.

CALOMEL, POISONING BY.

Calomel is a heavy white powder, without taste, and insoluble in water. It has been occasionally known to destroy life. *Symptoms:* Much the same as in the case of corrosive sublimate.—*Treatment:* The same as for corrosive sublimate. If the gums are sore, wash them with brandy-and-water three or four times a day, and keep the patient on *fluids,* such as arrowroot, gruel, broth, or beef-tea, according to the other symptoms. Eating hard substances would make the gums more sore and tender.

CAMOMILE TEA, Useful as a Tonic to improve the Appetite.

Ingredients: Into a common china tea-pot put about 25 good-sized camomile-flowers, and pour over them 1 pint of boiling water. Let the infusion stand half an hour; then pour it off into a wine-bottle, and, if desired, sweeten it with a little sugar or honey. It is best unsweetened: a wineglass should be taken at 11 o'clock.

CAMPHORATED CHALK

Is composed of 2 oz. of camphor reduced in a mortar to a fine powder, with 10 drops of spirits of wine; then add 12 oz. of precipitated chalk; mix them intimately, and rub them through a fine gauze sieve; or ½ oz. of camphor may be similarly mixed with 8 oz. of the precipitated chalk, and scented with any aromatic oil at pleasure. Both these powders should be kept closely stopped in a wide-mouthed glass bottle.

CAMPHORATED SPIRITS OF WINE,

Useful as an embrocation for sprains, rheumatism, chilblains, &c.—Dissolve 1 oz. of camphor in ½ pint of rectified spirits of wine.

CAMPHOR JULEP.

Ingredients: 20 grains of camphor, 20 drops of spirits of wine, 2 drachms of white sugar, 2 drachms of gum-arabic, 1 pint of boiling water.—*Mode:* Rub the camphor into the spirits of wine, then mix in the sugar when reduced to a fine powder, and add the gum-arabic powdered. Well mix these ingredients, and pour on them very gradually the boiling water, continuing the rubbing till the whole of the water is poured on. Cover it over, and when cold strain it through fine linen for use. This julep is very useful in all spasmodic cases and nervous affections.

CAMPHOR LINIMENT.

Put into a mortar 1 oz. of camphor and 2 oz. of Florence oil; rub them well together till quite smooth. This is a useful liniment for cases of rheumatism, &c.

CANDIED LEMON-PEEL.

Peel some fine lemons, with all the inner pulp, in halves or quarters; have ready a very strong syrup of white sugar and water; put the peels into it, and keep them boiling till the syrup is nearly reduced. Take them out and set them to dry with the outer peel downwards.

CANDIED ORANGE-PEEL.

Make a very strong syrup of white sugar and water; take off the peels from Seville or other oranges in halves or quarters, and boil them in the syrup till it is nearly reduced. After this take them out and set them to dry with the outer skin downwards.

CANDLE, TO BLOW OUT.

There is one small fact in domestic economy which is not generally known, but which is useful as saving time, trouble, and temper. If the candle be blown out, holding it above you, the wick will not smoulder, and the candle may therefore be easily lighted again; but if blown upon downwards, little or no wick will remain, and the candle when again lighted will be certain to gutter.

CANDLESTICKS, TO CLEAN.

It is a very common practice to put candlesticks near the fire to melt the grease before polishing them. This is both dangerous and unnecessary. Boiling water poured upon the grease will soften it sufficiently for a rag to remove it without any danger of breakage or of melting the solder, &c. After this china candlesticks may be washed, and silver or plated ones polished with plate-powder.

CANVAS PREPARED FOR PAINTINGS.

It is first strained tightly upon frames; then washed with a thin glue. When dry, it is painted with a coat of oil-colour made of white lead, red lead, linseed-oil, and turpentine; and afterwards with a second coat, in which the

red lead is omitted, and sugar of lead, with a little colouring matter, substituted.

CAPILLAIRE, a Pleasant and Refreshing Drink.

Ingredients: 3 lb. of loaf-sugar, 1 lb. of moist sugar, 1 quart of water, 2 eggs, 2 tablespoonfuls of orange-flower water.—*Mode:* First put the loaf-sugar to the water; then beat up the whites and yolks of the eggs separately with the moist sugar, and stir them in: boil this syrup gently, and skim it well; stir in the orange-flower water; let it cool, and bottle it. A dessert-spoonful of this, with a rather less quantity of vinegar in a tumbler of cold water, is a refreshing draught.

Another recipe.—Put a wineglass of curaçoa into a pint of clarified syrup; shake them well together, and bottle. A teaspoonful and a little water makes a pleasant drink.

CAPILLAIRE SYRUP, Useful to make a Refreshiug Drink.

Ingredients: 4 lb. of loaf-sugar, the whites of 3 eggs, 3 quarts of water, ¼ oz. of isinglass; for flavouring, orange-flower water and syrup of cloves.—*Mode:* Boil the sugar and isinglass in the water and clarify it with the whites of the eggs: when cold, add the flavourings to taste, and bottle it for use.

CARAWAY BRANDY, an Excellent Stomachic.

Ingredients: 1 oz. of whole caraway-seeds, 6 oz. of loaf-sugar, 1 quart of brandy.—*Mode:* Dissolve the sugar in the brandy in a large jug, sprinkle the caraway-seeds on the top: they will soak and fall. Let them stand together for a week or ten days: then strain off into bottles, and cork for keeping.

CARBUNCLES, REMEDY FOR.

Carbonic acid has been tried lately as a remedial agent with carbuncles, and has been found to effect a rapid cure in the very worst of cases. The mode of application consists in covering the sore with a plaster made of rye-meal which has begun to show signs of acetic fermentation, and which has been powdered over with chalk, the patient having drunk off a solution of sulphuric acid containing from twenty to forty drops to the quart of water. When the plaster is removed the next day, it will be found to have carried with it the dark nucleus of the carbuncle, and to have formed a healthy sore, which will be perfectly cured after a few days. This remedy is not new, but it seems to have long fallen into disuse.

CARPETS, TO CLEAN.

Carpets in bedrooms and stair-carpets may be kept clean by being brushed with a soft hair-brush frequently, and, as occasion requires, being taken up and shaken. Larger carpets should be swept carefully with a whisk-brush or hand-brush of hair, which is far better, especially in the case of fine-piled carpets. Thick carpets, as Axminster and Turkey, should always be brushed one way. Grease spots can be removed from carpets by means of a paste made of boiling water poured on equal quantities of magnesia and fullers'-earth. This paste, while hot, must be placed upon the grease spots and brushed off when quite dry. When carpets are very dirty, they may be washed in the following manner:—To every 2 gals. of boiling water add 1 oz. of yellow soap and 1 drachm of soda. With a clean flannel wash the carpet well with the liquid; do a small piece at a time, and rinse well with clean hot water. When all has been gone over, the carpet should be left to dry. The colours will be greatly improved by afterwards rubbing it over with a clean flannel dipped in a strong solution of ox-gall and water.

Another.—*Ingredients:* 1 lb. of yellow soap, ½ lb. of soda, 1 oz. of nitric acid, 1 gallon of water.—*Mode:* First melt the soap and soda in an oven; then mix them well in the water. With a clean scrub-brush wash the carpet well from seam to seam with this mixture, and rinse it off quickly with clean soft water. Do

only a small piece of carpet at a time, and rub dry with a clean cloth as much as is washed.

Another.—Boil an ox-gall with some fullers'-earth, scrub the carpet well with the mixture, and wipe it with dry cloths. The colours will come out as bright and fresh as when it was new. Care must be taken not to make the carpet too wet, as there is always danger of it shrinking and becoming too small for the room. It is safest, perhaps, to nail it down again while wet.

Another.—Let the carpets first be well beaten and brushed to free them from all dust and dirt. Then scour them quickly with a solution of ox-gall, which will both extract grease and refresh the colours. One pint of gall in three gallons of soft water, warmed, will be sufficient for a large carpet. It is better not to mix the whole at once, but to do a portion of the carpet at a time, especially if it be a large one; for when the mixture in use gets cold and dirty it should be thrown away. Care must be taken that the carpet does not shrink in drying. It is best washed in the room, after it is nailed down.

CARPETS, TO LAY DOWN.

Great care is required in laying down a new carpet. This can hardly be well done without the aid of a proper carpet-fork or stretcher, which may be purchased for about 2s. 6d. at any ironmonger's, and which will be found useful, though not so essentially necessary, when old carpets are taken up and put down again. Work the carpet the length way of the material, which ought to be made up the length way of the room. Nail one end all along, but do not nail the sides as you go along until you are quite sure that the carpet is fully stretched, and that there is no ruck anywhere in the length of it.

CARRIAGES.

The carriage is a valuable piece of furniture, requiring all the care of the most delicate upholstery, with the additional disadvantage of continual exposure to the weather and to the muddy streets.

Carriages of all sorts should be carefully cleaned before putting away. The coach-house should be perfectly dry and well ventilated, for the wood-work swells with moisture, and it shrinks also with heat, unless the timber has undergone a long course of seasoning: it should also have a dry floor, a boarded one being recommended. Carriages must be removed from the ammoniacal influence of the stables, from open drains and cesspools, and other gaseous influences likely to affect the paint and varnish. When the carriage returns home, it should be carefully washed and dried, and that, if possible, before the mud has time to dry on it. This is done by first well slushing it with clean water, so as to wash away all particles of sand, having first closed the sashes to avoid wetting the linings. The body is then gone carefully over with a soft mop, using plenty of clean water, and penetrating into every corner of the carved work, so that not an atom of dirt remains; the body of the carriage is then raised by placing the jack under the axletree and raising it so that the wheel turns freely; this is now thoroughly washed with the mop until the dirt is removed, using a water-brush for corners where the mop does not penetrate. Every particle of mud and sand removed by the mop, and afterwards with a wet sponge, the carriage is wiped dry, and, as soon after as possible, the varnish is carefully polished with soft leather, using a little sweet oil for the leather parts, and also for the panels, so as to check any tendency of the varnish to crack. Stains are removed by rubbing them with the leather and sweet oil; if that fails, a little Tripoli powder mixed with the oil will be successful.

An excellent paste for the leather-work of carriages is made by melting 8 lb. of yellow wax, stirring it till completely dissolved. Into this pour 1 lb. of litharge of the shops, which has been pounded up with water, and dried and sifted through a sieve, leaving the

two, when mixed, to simmer on the fire, stirring them continually till all is melted. When it is a little cool, mix this with 1½ lb. of good ivory-black; place this again on the fire, and stir till it boils anew, and suffer it to cool. When cooled a little, add distilled turpentine till it has the consistence of a thickish paste, scenting it with any essence at hand, thinning it when necessary from time to time, by adding distilled turpentine.

When the leather is old and greasy, it should be cleaned before applying this polish, with a brush wetted in a weak solution of potass and water, washing afterwards with soft river-water, and drying thoroughly. If the leather is not black, one or two coats of black ink may be given before applying the polish. When quite dry, the varnish should be laid on with a soft shoe-brush, using also a soft brush to polish the leather.

When the leather is very old, it may be softened with fish-oil, and, after putting on the ink, a sponge charged with distilled turpentine may be passed over it to scour the surface of the leather, which should be polished as above.

For fawn or yellow-coloured leather, take a quart of skimmed milk, pour into it 1 oz. of sulphuric acid, and, when cold, add to it 4 oz. of hydrochloric acid, shaking the bottle gently, until it ceases to emit white vapours; separate the coagulated from the liquid part, by straining through a sieve, and store it away till required. In applying it, clean the leather by a weak solution of oxalic acid, washing it off immediately, and apply the composition when dry with a sponge.

Wheel-grease is usually purchased at the shops; but a good paste is made as follows:—Melt 80 parts of grease, and stir into it, mixing it thoroughly and smoothly, 20 parts of fine black lead in powder, and store away in a tin box for use. This grease is used in the Mint at Paris, and is highly approved.

In preparing the carriage for use, the whole body should be rubbed over with a clean leather and carefully polished, the iron-work and joints oiled, the plated and brass-work occasionally cleaned, the one with plate-powder, or with well-washed whiting mixed with sweet oil, and leather kept for the purpose, the other with rottenstone mixed with a little oil, and applied without too much rubbing, until the paste is removed; but, if rubbed every day with the leather, little more will be required to keep it untarnished. The linings require careful brushing every day, the cushions being taken out and beaten, and the glass sashes should always be bright and clean. The wheel-tires and axletree must be carefully seen to, and greased when required, the bolts and nuts tightened, and all parts likely to get out of order examined.

CARVING.

To carve well is the result of experience. It does not depend so much upon strength of wrist as upon skill, and that amount of practice which shall teach us where exactly to place the knife. We have seen the most delicate ladies carve beautifully, while the strong arms of the opposite sex have failed altogether in the operation. In Mrs. Beeton's "Dictionary of Domestic Cookery" will be found very explicit instructions for the carving of all things (whether fish, flesh, or fowl) that come to table; it is therefore only necessary here to remark how essential it is that all masters and mistresses should be able to carve neatly, for bad carving not only has a bad appearance, but it is attended with great waste. Cooks also should be instructed to carve properly. Nothing is more disagreeable than to find in hashes, stews, fricassees, &c., the limbs of poultry, &c., badly divided, and pieces of small bone cut through and appearing where they ought not. It is obvious to remark that good knives are quite essential to good carving.

CASKS FOR WINE AND BEER, MANAGEMENT OF.

New casks fresh from the coopers

should stand two or three days filled with clean cold water, and then be well scalded out before using. Old casks, as soon as the wine or beer is drawn off, should either be corked closely until there is a convenient opportunity for washing them, or scalded out at once, and laid by in a dry place until they are again wanted. Just before using they must be looked to and scalded out again. If the casks are very musty, they may be sweetened by washing them out first with a little sulphuric acid and then with clean water. After this operation they should be scalded several times with fresh water. If the casks are very large, the expense of sulphuric acid may be avoided by unheading them and whitewashing them throughout with quicklime, or they can be rendered perfectly sweet by being smoked with sulphur mixed with a little nitrate of potash. In all these casks great care must be taken that the casks are well scalded with clean water. It is a good plan to use a piece of clean iron chain to shake about inside the cask while washing it out.

CASTOR-OIL.

This is a most excellent and safe medicine. Be careful to procure the best. The dose according to age is as follows :—Half a teaspoonful for an infant, and increasing gradually up to three teaspoonfuls for children from one to eight or ten years old; beyond this age a tablespoonful or more may be administered. It is best taken floated in a wineglass on the top of water, milk-and-water, or weak brandy-and-water. No taste will be experienced if the patient holds his nose while taking it.

CAUSTIC STAINS, TO REMOVE.

1. Take of chloride of mercury, 2 drachms ; hydrochloric acid, 2 drachms ; dissolve. This must be applied to the stain with a camel-hair pencil, and the linen, paper, &c., immediately plunged into water, when the stain will be removed. Let it be afterwards dried in the sun.—2. If a small piece of the iodide of potassium is rubbed on the part (which must be previously wet), it will immediately decompose the blackened oxide, and convert it into the iodide of silver, which is soluble in water, and consequently may be discharged by washing. The above process will answer equally as well for linen, muslin, &c. Hot water dissolves the iodide much quicker than cold.

CAYENNE PEPPER.

This powerful pepper enters so largely into consumption in some families that it is very desirable to obtain it genuine, especially as experience has proved that few things are adulterated more frequently and with more injurious substances. Almost all the highly-coloured cayenne pepper is mixed largely with red lead and vermilion; substances of which Dr. Hassall remarks that they are "both characterized by a disposition to accumulate in the system, and finally to produce symptoms of a very serious nature. Thus it is that, however small the dose taken from day to day, the constitution is sure at last to suffer."

CELERY-SEED.

When fresh celery cannot be procured for the flavouring of soups, gravies, &c., celery-seed may be used instead. A teaspoonful of seed will have the same effect as a fine root of celery, and no one, we are persuaded, would be able to detect any difference between the use of seed and the fresh vegetable.

CEMENT, FIREPROOF AND WATERPROOF—

Useful for damp floors and the walls of buildings, also for the sides of furnaces.—*Ingredients for the first powder:* 1 part of the purest limestone and 2 parts of clay.—*For the second powder:* 1 part of gypsum and 2 parts of clay.—*Mode:* Calcine the limestone and reduce it to a very fine powder. Well bake the clay, and pulverize that also. Mix

them together. Next calcine and pulverize the gypsum; also bake and pulverize the clay, and mix them. Work these two powders well into each other so as to form a perfect mixture. When required for use, make the mixture into a thick paste by working it up gradually with about a fourth part of its weight of water. Rub it on evenly, like Portland or Roman cement: While moist, any colouring may be worked into it. This cement will dry as hard as the hardest stone, and is very durable.

CEMENT FOR AQUARIUMS.

1. Mix boiled linseed-oil, litharge, red and white lead together, to a proper consistence, always using the larger proportion of white lead. This composition may be applied to a piece of flannel and fitted to the joints.—2. A more powerful cement is composed in the proportion of 2 oz. of sal-ammoniac and 4 oz. of sulphur, made into a stiff paste with a little water. When the cement is wanted for use, dissolve a portion of the paste in water rendered slightly acid, and add a quantity of iron turnings or filings sifted or powdered, to render the particles of uniform size. This mixture will in a short time become as hard as stone.—3. Make a mixture of a solution of 8 oz. of strong glue and 1 oz. of varnish of linseed-oil, or ¾ oz. of Venice turpentine, which are to be boiled together, agitating all the time, until the mixture becomes as complete as possible. The pieces to be cemented ought to be kept in conjunction for forty-eight or sixty hours.

CEMENT FOR CHINA.

Beat some common flint glass to the finest powder in a mortar, and mix it into a paste with white of egg; paint the edges of the china with this paste; fix them well together and leave them to dry.

Another.—Powdered oyster-shell mixed with white of egg to the consistence of paint is another excellent cement for broken china. Oyster-shells may be powdered by being burnt in a fierce fire till red-hot. They should then be taken out, all the black part should be scraped away, and the white part pounded in a mortar, and afterwards sifted to the finest powder.

CEMENT FOR ELECTRICAL APPARATUS.

Ingredients: 2½ lb. of resin, ½ lb. of bees-wax, ½ lb. of red ochre, 1 oz. of plaster of Paris. Melt these in a pipkin over a fire, stirring them well together. Apply the cement where needed with a soft brush.

CEMENT FOR HOT-WATER JOINTS, &c.

Ingredients: ½ pint of milk, ½ pint of vinegar, 4 eggs, and a little quicklime. —*Mode:* Boil the milk, add to it the vinegar to curdle it; strain off the whey and mix it with the eggs, beating them well together. Dust into this, through a fine sieve, sufficient quicklime to make the consistence of a thick paste. Use this paste as a cement to stop cracks which are exposed to the action of water, and fire also. It will answer admirably.

CEMENT FOR JOINTS IN COPPER.

Mix some quicklime into a paste with ox-blood, and apply it fresh to the joints before they are put together. The joints must be riveted at once, as the cement soon hardens. This is a cheap cement, and very effectual.

CEMENT FOR ORNAMENTS OF DERBYSHIRE SPAR, OR OTHER SIMILAR SUBSTANCES.

Ingredients: 7 parts resin, 1 part bees-wax, 2 parts plaster of Paris.—*Mode:* Melt these together. Heat the edges of the pieces of broken spar till they are hot enough to melt the cement. When they are each smeared with it, press them together and leave them tied up for a short time. When any deficiencies are to be made good, increase the quantity of plaster of Paris and colour it accordingly. Sulphur placed between the heated surfaces of broken

stone ornaments makes also a very good cement.

CEMENT FOR PRECIOUS STONES.

When precious stones are broken, apply mastich to the fragments, which should be sufficiently heated to melt this resin. Then press the pieces well together, and force out and wipe away all excess of mastich.

CEMENT FOR STEAM ENGINES, OR FOR IRONWORK GENERALLY, EXPOSED TO THE ACTION OF HOT WATER.

Ingredients: 2 oz. of sal-ammoniac, 1 oz. of flowers of sulphur, 16 oz. of cast-iron filings.—*Mode:* Mix these well together by rubbing them in a mortar, and keep this mixture quite dry. When a leakage is to be stopped, take 1 part of the mixture and 20 parts of clean iron filings; mix them as before in a mortar. When thoroughly mixed, add just enough water to make a thick paste, and apply this to the joints and cracks. This cement answers admirably. A chemical action follows the application of it; sulphuret of iron is slowly formed, and the cement so amalgamates in hardening that all fear of leakage in the same place is taken away.

CEMENT FOR STONE CISTERNS TO HOLD WATER.

Take litharge, red and white lead, and boil them in a sufficient quantity of linseed-oil to make a thick paste. Place this paste on flannel or linen rag and put it between the joints, or work it into the cracks with a knife or other tool, before they are clamped together.

CEMENT, VERY STRONG AND USEFUL FOR CHINA AND GLASS.

Dissolve isinglass in proof spirit, and add to it a little resin varnish. When wanted for use, set the bottle in hot water to soften the cement.

Another, most valuable and useful: no housekeeper should be without it. It serves for mending china, glass, marble, metals, and wood.—*Ingredients:* ½ oz. of rough Russian isinglass, 4 oz. of the strongest pure pyroligneous acid.—*Mode:* Dissolve the isinglass in the acid so as to make when dry a stiff jelly: if not stiff enough, more isinglass may be added. The cement should be kept in a wide-mouthed glass bottle, with a cover that fits on the outside of the neck. A cork, or glass stopper, fitting inside, is almost certain to be fixed by the strength of the cement. Articles mended with the cement are safe in hot water.

CHALK DRAWINGS, TO SET.

To set chalk drawings effectually is a difficult and delicate operation, for they will not bear the brush; nor can they, without great danger of smearing, have any liquid poured or floated over them. The only safe method is the previous preparation of the paper by washing it over with a strong solution of isinglass. As soon as it is quite dry, the surface of it is in as good a state as ever to receive the chalk drawing, and after this is finished, the paper should be inverted and held horizontally over steam. The process of setting is this—the steam melts the isinglass size in the paper, which absorbs the charcoal or crayon, and sets the drawing as it dries. This setting may be repeated several times during the progress of a drawing, for each operation increases the effect.

Another.—Mix 5 parts of strong melted gum-arabic or isinglass and 12 parts of water; again mix 4 parts of Canada balsam and 5 parts of turpentine. Lay the drawing on its face, carefully avoiding all rubbing, and give the back of it two or three coats of the first of these mixtures; when quite dry, turn the drawing with the chalk upwards and give this side one or two coats also. The chalk being partially set by the dressings on the back, it will not rub off if done with a light hand. When this last coating is quite dry, the surface can, if thought desirable, be brushed over lightly with the Canada balsam and turpentine, which will render the drawing quite permanent.

CHALK POWDERS FOR DIARRHŒA.

Ingredients: ½ oz. of prepared chalk, 5 grains of powdered opium, 1 drachm of aromatic spices mixed, 1 drachm of powdered white sugar.—*Mode:* Mix the ingredients, and for a dose give 20 to 30 grains of the mixture, according to age, three or four times a day. These powders are very beneficial in all cases of acidity. They are best taken in cinnamon or peppermint water.

CHAPPED HANDS.

If the hands are washed in soft water with the best honey soap, and well rubbed dry with a soft towel, they need never be chapped. It is generally imperfect and careless washing which causes this inconvenience. When the hands are badly chapped, rub them two or three times a day with lemon-juice, or rub them over occasionally with an ointment made of fresh hog's-lard washed in rose or elder-flower water, a spoonful of honey, two spoonfuls of fine oatmeal well beaten up with the yolks of two new-laid eggs; or a useful mash for chapped hands may be made by adding 14 grains of sulphuric acid to 1 pint of rose-water and ½ oz. of oil of almonds well shaken together, and when used diluted with a little water.

CHAPPED HANDS, TO PREVENT.

Wash them once a day with a little flour of mustard, or in bran and water, boiled together. *To Cure:* Wash them with soft soap mixed with red sand; or wash them in sugar-and-water, or rub them occasionally with lemon-juice.

CHAPPED HANDS AND FACES.

Put 3 to 6 drops of glycerine into the water before washing the hands and face; or, if only washing the hands, drop one drop into the palm of the hand after washing off the soap; rub all over the hands and wrists, and then dry thoroughly. Glycerine protects the skin from the strongest frost.

Another.—Pure olive-oil, 1 oz.; yellow beeswax, ½ drachm. Melt the beeswax in the oil, with a gentle heat, in a sand or water bath, and when melted, stir in new honey, 1 drachm; white flowers of zinc, ½ drachm: keep stirring till cold. After well washing and drying the skin, a little of this cerate should be gently but briskly rubbed into the part with the palm of the opposite hand, so as to reach the bottom of the cracks, and then wiped off with a dry towel, leaving no trace of grease on the skin. This process should be repeated at bedtime, or before sitting near the fire.

CHAPPED LIPS, SALVE FOR.

Ingredients: Equal parts of tincture of roses, mucilage of quinine seeds, and virgin wax. *Mode:* Place these ingredients in a clean glazed jar, with a cover to it; set the jar in a stewpan, with water reaching halfway up the jar; let it simmer by the side of the fire for ten minutes. In this time the wax will be dissolved, and the whole must be stirred well together, and left to cool.

CHARACTER OF SERVANTS.

This subject is one of the greatest importance, both to the heads of families and to servants themselves. It is a great mistake to suppose that masters and mistresses are bound to give such characters to servants leaving them as shall procure for them other situations; they are not bound, either legally or morally, to do anything of the kind; they are only bound to speak the truth. Nor can servants claim, as many foolishly imagine, the character that their masters or mistresses had with them—all such communications are private and privileged. And, unless it can be proved that the true character is being withheld, and false statements made from any vindictive feeling, servants have no redress. Happily for them, however, the proof is a very easy one, and they may be quite sure that the truth will prevail. If they apply for a character, no master or mistress can

refuse to state what they know about them; but they are bound to disclose all facts which might fairly be supposed to weigh with or influence another in engaging or rejecting them. The suppression of the truth is equally wrong as an untrue statement. The penalties attached to the giving of false characters are very severe. By the 32 Geo. III. cap. 56, "For Preventing the Counterfeiting the Certificates of the Characters of Servants," magistrates are empowered, upon information being laid before them, not only to inflict certain penalties and punishment upon parties who personate masters and give false characters with servants, but also upon those who, though they really have been masters, wilfully make false statements in writing as to the time and particulars of the service or the character of the servant; and also upon those who personate servants or falsely state that they have been in particular services, or deny that they have been in such employments as they really have filled. Independently of the provisoes of this statute, a person who wilfully gives a false character with a servant is liable to an action at the suit of the party who has been induced by the false character to employ the servant, for any damages which he may suffer in consequence of employing him. Thus when a person was induced by a false character to employ a servant who afterwards robbed him to a large amount, and was convicted of the robbery, the master was held to be entitled to recover to the extent of his loss from the party who gave the false character. And very properly so, for it is a most unjustifiable thing to expose our neighbour to the chance of being wronged. It is very much to be regretted that through timidity and mistaken kindness, this important duty of speaking the truth in reference to servants' characters is so often neglected. It is quite as much to the interest of servants as of masters and mistresses that true and faithful characters should be given. If the truth were always told, as the law requires it should be, servants would find it their interest to conduct themselves with propriety, and to seek to gain the approval of their employers; respectable servants would reap the advantage of their respectability and no longer find themselves on a level, as is too often the case, with the worthless and disreputable.

Though, in one sense, it may be desirable to have in writing the character of the individual whom we are taking into our house, in another sense, all written characters are more or less objectionable. They do not afford that precise information which may be elicited by a personal interview; nor can we on all occasions be quite certain as to the genuineness and authenticity of the written communication, or the identity of the parties to whom it has reference. Those masters and mistresses act most prudently who refuse written characters altogether.

CHEESE.

Cheese that is too new may be ripened rapidly by placing it in a damp warm cellar. It may also be brought forward by being kept, while in use, with a damp cloth round it. This is of great advantage in the case of an unripe stilton.

CHEESE, TO PRESERVE FROM MITES.

Paste the cheese over with coarse brown paper, so as to cover every part of it.

CHERRY BRANDY.

Ingredients: 6 lb. of morella cherries, 2 lb. of bitter almonds, 3 lb. of powdered loaf-sugar, 3 bottles of brandy. Draw the stones from the cherries and put them into a stone jar. Bruise the stones and put them in also; also the almonds blanched and the sugar. Cover the jar over, and let it stand for one month; then strain it off clear, pass it through blotting-paper, and bottle it.

Another way.—Put into a wide-necked bottle as many morella cherries as it will hold. They are best cut from the tree direct into the bottle with a pair of scissors,

Put in a few kernels from peach or nectarine stones, or a few bitter almonds, and fill up the bottle with good French brandy. Cork it down and leave it for a month; then add ¼ lb. of loaf-sugar to every pint of brandy.

CHICKEN-POX, OR GLASS-POX; AND COW-POX, OR VACCINATION.

Chicken-pox, or glass-pox, may, in strict propriety, be classed as a mild variety of small-pox, presenting all the mitigated symptoms of that formidable disease. Among many physicians it is, indeed, classed as small-pox, and not a separate disease; but as this is not the place to discuss such questions, and as we profess to give only facts, the result of our own practical experience, we shall treat this affection of glass-pox or chicken-pox, as we ourselves have found it, as a distinct and separate disease.

Chicken-pox is marked by all the febrile symptoms presented by small-pox, with this difference, that, in the case of chicken-pox, each symptom is particularly slight. The heat of the body is much less acute, and the principal symptoms are difficulty of breathing, headache, coated tongue, and nausea, which sometimes amounts to vomiting. After a term of general irritability, heat, and restlessness, about the fourth day, or between the third and fourth, an eruption makes its appearance over the face, neck, and body, in its first two stages closely resembling small-pox, with this especial difference, that whereas the pustules in small-pox have *flat* and *depressed* centres—an infallible characteristic of small-pox—the pustules in chicken-pox remain *globular*, while the fluid in them changes from a transparent white to a straw-coloured liquid, which begins to exude and disappear about the eighth or ninth day, and, in mild cases, by the twelfth desquamates, or peels off entirely.

There can be no doubt that chicken-pox, like small-pox, is contagious, and under certain states of the atmosphere becomes endemic. Parents should therefore avoid exposing young children to the danger of infection by taking them where it is known to exist, as chicken-pox, in weakly constitutions, or in very young children, may superinduce small-pox, the one disease either running concurrently with the other, or discovering itself as the other declines. This, of course, is a condition that renders the case very hazardous, as the child has to struggle against two diseases at once, or before it has recruited strength from the attack of the first.

Treatment: In all ordinary cases of chicken-pox—and it is very seldom it assumes any complexity—the whole treatment resolves itself into the use of the warm bath and a course of gentle aperients. The bath should be used when the oppression of the lungs renders the breathing difficult, or the heat and dryness of the skin, with the undeveloped rash beneath the surface, shows the necessity for its use.

As the pustules in chicken-pox very rarely run to the state of suppuration, as in the other disease, there is no fear of *pitting* or disfigurement, except in very severe forms, which, however, happen so seldom as not to merit apprehension. When the eruption subsides, however, the face may be washed with elder-flower water, and the routine followed which is prescribed in the convalescent state of small-pox.

CHICKENS, YOUNG.

These, when first hatched, especially if the brood be an early one, will require a great deal of care. A few bread-crumbs or a little soft boiled rice should be their first food. Some very successful rearers of poultry always give a very small peppercorn to each chicken within a few hours after it is hatched: others with equal success boil a bunch of stinging nettles and chop them very fine to mix with their food. When placed out, the coop should be set upon short grass on which a little sand has been sprinkled, and it must be carefully screened from rain and cold winds.

CHICORY IN COFFEE, TO DETECT.

If a sample of ground coffee is suspected of having chicory mixed with it, take a wine-glassful of cold water, shake some of the suspected mixture upon the surface of it. If it be pure coffee, it will float, and scarcely tinge the water; if adulterated, the coffee will float, but the chicory will sink to the bottom of the glass and give a deep red tinge to the water. Or throw some of the mixture into a glass of cold water, and if a deep red tinge be produced immediately, there can be no doubt that chicory has been introduced. The former method, however, is the best, as the proportion of chicory may be detected by it.

CHILBLAINS.

Exercise and whatever promotes a healthy circulation are the best preventives of chilblains. Of remedies any of the following may be employed:—Rub the chilblains with a cut onion before the fire, or with a mixture of 1 oz. of camphorated spirits of wine and ½ oz. of liquid subacetate of lead; or apply frequently to the chilblains with a camel-hair brush a lotion made of 1 drachm of iodine dissolved in 3 oz. of spirits of wine; or put a teaspoonful of alum into half a teacupful of milk; let it curdle by the side of the fire, and rub the chilblains with it at bedtime; or rub the feet and hands generally with a brine which comes from slices of a common white turnip sprinkled with salt. The best chilblain embrocation which we have met with is one made and sold by Mr. Pitts, chemist, St. Giles's, Norwich, price 1s.

Another.—These painful inflammatory swellings generally attack the toes, heels, and fingers, and are attended with an intolerable degree of itching. In common cases the following treatment should be pursued:—As soon as any part becomes affected, rub it with spirits of rosemary, or aromatic camphorated cream; afterwards apply pieces of soft linen, moistened with camphorated spirits, soap liniment, camphor liniment, &c. When the swellings break or ulcerate, apply poultices and emollient ointment for a few days. Equal quantities of sweet oil, lime-water, and proof spirits form an excellent application for chilblains.

Another.—As a preventive to chilblains put the hands and feet once or twice a week into hot water, into which two or three handfuls of salt have been thrown. This may also be used as a remedy for chilblains. Another remedy is to boil some turnips. Mash them, and bury the hands and feet in them as hot as can be borne at bedtime. After a few nights all irritation will cease. A useful embrocation may be made by dissolving 2 drachms of acetate of lead in half a pint of cold water, adding a glass of brandy or rum, and mixing all well, or by mixing together ½ oz. of liquor of subacetate of lead and 1 oz. of camphorated spirits of wine.

Another.—To Allay the Itching of Chilblains.—Make a lotion of the following ingredients:—1 part of hydrochloric acid in 8 parts of water. Apply this lotion to the chilblains on going to bed; but by no means use it if the skin be broken.

Liniment for Chilblains.—Ingredients: 1 teaspoonful of flour of mustard, half a pint of spirits of turpentine.—*Mode:* Infuse the mustard in the turpentine, shake it well during twenty-four hours; then strain it off quite clean through muslin. Apply the clear liquid to the chilblains and rub it well in.

Poultice for Chilblains.—Bake a common white turnip and scrape out the pulp; mix it with a tablespoonful of salad-oil, one of mustard, and one of grated horseradish. In this way form a poultice and apply it to the chilblains on a piece of linen rag.

CHIMNEY ON FIRE, TO EXTINGUISH.

As soon as the fire is discovered, shut every door and window to exclude draught. A wet blanket held before the fireplace is a most effectual method of accomplishing this. A quantity of

salt thrown on the fire in the grate of the chimney will very much assist in extinguishing the flames by causing the soot to fall. A double-barrelled gun fired up the chimney while the blanket is held up will also, by the concussion of air, bring down most of the soot. If it is practicable to reach the outside of the chimney, the top of it should be covered over with slates or tiles till the fire dies out.

Another.—Throw a handful of flour of sulphur upon the fire, and cut off all bottom-draught by putting a board or wet blanket before the chimney; or, if it be a register stove, shut the register. If the top of the chimney be also closely covered, the fire will soon burn itself out.

CHING-CHING, an American Drink.

Ingredients: 1 orange sliced, 3 or 4 drops of essence of cloves, 3 or 4 oz. of peppermint, 3 or 4 lumps of sugar, 1 tumbler of shaved or broken ice, quarter of a pint of old rum.—*Mode:* Put all together into a large tumbler, stir for a minute or two, then drink through a straw or not, as preferred.

CHINTZ, TO WASH SO AS TO PRESERVE ITS GLOSS AND BEAUTY.

Take 2 lb. of rice and boil it in 2 gallons of water till soft; when done, pour the whole into a tub; let it stand till about the warmth you in general use for coloured linens; put the chintz in, and use the rice instead of soap; wash the chintz in this till the dirt appears to be out; then boil the same quantity as above, but strain the rice from the water, and mix it in warm water. Wash it in this till quite clean; afterwards rinse it in the water the rice was boiled in. This will answer the end of starch, and no wet will affect it, as it will be stiff while it is worn. If a gown, it must be taken to pieces, and when dried, hang it as smooth as possible; after dry, rub it with a smooth stone, but use no iron.

CHLORIDE OF LIME.

This is very useful to counteract disagreeable smells and as a disinfectant. It should be put into small earthen pans, and set where needed. Of course, it will require occasional renewing.

This useful disinfectant should be kept in every house to purify a sick-room, and to remove all unpleasant smells. Tainted garments may be rendered harmless by sprinkling them with a weak solution of it; and a piece of sponge dipped in this solution and held to the nose will enable any one with comparative safety to enter a foul sewer.

CHOCOLATE DROPS.

Scrape chocolate to powder, and add pounded sugar in the proportion of 2 oz. of chocolate to 1 lb. of sugar; make it into a paste with clean water; put it into a stewpan with a lip to it, not more than three-parts filled, and place it over a hot-plate, stirring it with a spoon; when it almost boils, take it from the fire and continue to stir it, till it is of a proper consistence. Have ready a clean smooth tin plate, and on this drop the chocolate. It is a good plan to regulate the falling of the drops from the lip of the pan by means of a small piece of wire; when cold, remove the drops with a knife. If there is any danger of sticking, rub the tin plate lightly over with a rag that has been wetted with sweet oil.

CHOKE-DAMP.

This poisonous gas is met with in rooms where charcoal is burnt, and where there is not sufficient draught to allow it to escape; in coalpits, near limekilns, in breweries, and in rooms and houses where a great many people live huddled together in wretchedness and filth, and where the air in consequence becomes poisoned. This gas gives out no smell, so that we cannot know of its presence. A candle will not burn in a room which contains much of it.—*Effects:* At first there is giddiness, and a great wish to sleep; after a little time, or where there is much of it pre-

sent, a person feels great weight in the head, and stupid; gets by degrees quite unable to move, and snores as if in a deep sleep. The limbs may or may not be stiff. The heat of the body remains much the same at first.—*Treatment:* Remove the person affected into the open air, and, even though it is cold weather, take off his clothes. Then lay him on his back, with his head slightly raised. Having done this, dash vinegar-and-water over the whole of the body, and rub it hard, especially the face and chest, with towels dipped in the same mixture. The hands and feet also should be rubbed with a hard brush. Apply smelling-salts to the nose, which may be tickled with a feather. Dashing cold water down the middle of the back is of great service. If the person can swallow, give him a little lemon-water or vinegar-and-water to drink. The principal means, however, to be employed in this, as, in fact, in most cases of apparent suffocation, is what is called *artificial breathing*. This operation should be performed by three persons, and in the following manner:—The first person should put the nozzle of a common pair of bellows into one of the patient's nostrils; the second should push down, and then thrust back, that part of the throat called "Adam's apple;" and the third should first raise and then depress the chest, one hand being placed over each side of the ribs. These three actions should be performed in the following order:—First of all, the throat should be drawn down and thrust back; then the chest should be raised, and the bellows gently blown into the nostril. Directly this is done, the chest should be depressed, so as to imitate common breathing. This process should be repeated about eighteen times a minute. The mouth and the other nostril should be closed while the bellows are being blown. Persevere, if necessary, with this treatment for seven or eight hours—in fact, till absolute signs of death are visible. Many lives are lost by giving it up too quickly. When the patient becomes roused, he is to be put into a warm bed, and a little brandy-and-water, or twenty drops of sal-volatile, given cautiously now and then. This treatment is to be adopted in all cases where people are affected from breathing bad air, smells, &c. &c.

CHOLERA MIXTURE.

Ingredients: Confection aromatic, 1 drachm; prepared chalk, 1 drachm; powdered gum-arabic, 1 drachm; pimento-water, 2 oz.; pure water, 4 oz.; laudanum, 40 drops.—*Dose:* A grown person to take two tablespoonfuls for the first dose, and one tablespoonful after every motion. Dose for a child between five and ten years of age, one teaspoonful.

CIDER VINEGAR.

The poorest cider will answer for vinegar, in the making of which proceed thus: First draw off the cider into a cask that has had vinegar in it before, if you have such a one; then put into it some of the apples that have been pressed: if the cask be placed in the sun, in two weeks the vinegar may be drawn off into another cask, fit for use.

CINNAMON CORDIAL.

This is seldom made with cinnamon, but with either the essential oil or bark of cassia. It is preferred coloured, and therefore may be very well prepared by simple digestion. If the oil be used, one drachm will be found to be enough for two or three gallons of spirit. The addition of two or three drops each of essence of lemon and orange-peel, with about a spoonful of essence of cardamoms to each gallon, will improve it. Some persons add to the above quantity 1 drachm of cardamom-seeds and 1 oz. each of dried orange and lemon-peel. One ounce of oil of cassia is considered to be equal to 8 lb. of buds, or bark. If wanted dark, it may be coloured with burnt sugar. The quantity of sugar is 1½ lb. to the gallon.

CISTERN FILTERS.

These are very useful and efficient appliances, and no cistern, the water of

which is used for drink or cookery, should ever be without them. The filter is a patent, known as Danchell's patent, and belongs to the London and General Water-purifying Company; but it is by no means expensive, and may be attached to any cistern. If it be necessary to use cistern water, and to have it filtered, it is far better to have the filter attached to the cistern than to depend upon any other plan. Servants, from carelessness or forgetfulness, may omit to fill the ordinary filter at the proper time, and when water is required no filtered water may be procurable: the only safeguard against the use of impure water is to subject the whole domestic supply of the cistern to the filtering process, and this is most simply and effectually done by the use of the cistern filter.

CLARET-CUP.

Ingredients: 1 bottle of claret, ½ pint of spring water or seltzer water, 2 tablespoonfuls of powdered sugar, 12 cloves, a little grated nutmeg, the rind of 1 lemon, 1 glass of brandy, a sprig of borage.—*Mode:* Peel the lemon very thinly and put the peel with the cloves and nutmeg and sugar into a bowl or jug; pour the water upon them, and stir till the sugar is melted. Then add the claret, and just before the cup is wanted, add the brandy and throw in a sprig of borage. Set the jug in ice for summer drink, or add a small lump to the cup.

CLARIFYING LIQUORS WITH BURNT CLAY.

Burnt clay is a very effective means of clarifying wine, liquors, beer, vinegar, and cider. Broken flower-pots, or any unglazed pottery-ware free from lime, may be made use of. These materials must be finely powdered in a mortar, and washed with water; let them rest for one hour, and decant the water containing the finely-distributed dust-like particles of clay. Repeat the same operation with another portion of pure water, and afterwards dry the burnt clay. Two or three pounds of this material should be used for one barrel: shake the fluid thoroughly with the clay, and allow it to rest. If necessary, the fluid should be finely filtered.

CLEANING.

House-cleaning is a very important part of a housemaid's duties, and it requires to be done in a systematic manner. Mistresses, of course, make their own arrangements, but it is generally desirable that beyond the ordinary daily cleaning, every room in use should have its special cleaning once a week; on such occasions extra care should be bestowed upon the grates, &c. The walls should be lightly swept over with a clean soft cloth on the head of a broom, the floors washed, and the paint also, wherever it is necessary. Neither to the floor nor to the paint should soap be used. A little fine sand and clean soft water, with a good scrub-brush, is all that is required for the former, and a wet flannel, with a little care, will remove all dirt and stain from the latter. Soap makes floor-boards of a dark, dirty colour, and it also soon destroys paint. In sitting-rooms, the carpets should be well brushed and the furniture polished, the chair bottoms brushed or beaten, and the curtains well shaken and dusted in all their folds. The windows, also, once a fortnight or once a month, according to circumstances, should, on such occasions, be cleaned also. It is an excellent plan, and serves greatly to improve the appearance of the house, to wipe the windows every morning inside with a soft dusting-cloth, when the room is being set to rights. The carpets on staircases and in bedrooms, on these weekly cleanings, should be taken up, removed, and shaken, and in the latter the mattresses should be turned, and all parts of the bedstead thoroughly dusted. In addition to these daily and weekly house-cleanings, every house, especially those in cities, should have its annual renovation, as soon as fires are over and summer furniture has to be put up. To avoid confusion, this must be done upon system. The beginning should

be made at the top of the house, and the different floors finished off in order —on such occasions the assistance of the whitewasher and the painter will generally be found necessary.

CLIPPING.

The value of clipping for horses cannot be overrated. Every horse that is worked at such a pace as to cause sweating should be clipped at the proper season. The best time for clipping is when the winter coat is "well up," as it is termed. The sooner this is the case the better, for the autumn is proverbially a faint time for horses. The clipping lasts best the later in the year it is done, for the colder the weather the less the coat grows; still, for the reason we have stated, the coat should be taken off as early as possible, and when it starts again, it should be kept down by singeing. Every one must appreciate the benefit of clipping who knows the difficulty of getting a horse, with its winter coat on, dry after a journey. The labour is immense, and, what is worse, generally ineffectual; for the horse after the first drying will break out into a heat again, and in all probability be found quite wet in the morning.

CLOSE STOVES.

We in England give the preference to open fireplaces. Many attempts have been made to introduce close stoves into our houses, but at present they have met with very little encouragement. No doubt there is great economy in the use of them, and freedom from dirt and dust; but there is no cheerful fire and no ventilation, except some special provision be made for it. Close stoves also are seldom wholly free from their own peculiar disagreeables—bad smells arising from burnt iron, burnt cement, or burnt air. Every traveller on the continent must know these inconveniences of close stoves. We have yielded to them the advantage of economy. Something also may be said in favour of their diffusing, when generally used in very large houses, a more uniform temperature than can be obtained from open fireplaces. A traveller in Russia tells us, speaking of the mansions of the rich: "Within these great houses not a breath of cold is experienced. The rooms are heated by stoves, frequently ornamental rather than otherwise; being built in tower-like shape, story over story, of pure white porcelain, in various graceful architectural mouldings, sometimes surmounted with classic figures of great beauty, and opening with brass doors kept as bright as if they were gold. In houses of less display these stoves are merely a projection in the wall coloured and corniced in the same style as the apartment. In adjoining rooms they are generally placed back to back, so that the same fire suffices for both. These are heated but once in the twenty-four hours by a Caliban, whose business during the winter is to do little else. Each stove will hold a heavy armful of billet, which blazes, snaps, and cracks most merrily; and when the ashes have been carefully turned and raked with what is termed an 'open gabel' or stove-fork, so that no unburnt morsels remain, the chimney aperture is closed over the glowing embers, the brass door firmly shut, and in about six hours after this the stove is at the hottest, indeed it never cools." The modern English close stoves owe their chief merits to Dr. Arnott, who strove for several years to obviate some of the principal objections which were urged against the stoves in use on the continent. He introduced several simple contrivances to get rid of all unpleasant smells, and to regulate the temperature. During the severe winter of 1836-7, "my library, "says Dr. Arnott," was warmed by the thermometer stove alone. The fire was never extinguished except for experiment, or to allow the removal of pieces of stone that had been in the coal; and this might have been prevented by making the grate with a moveable or shifting bar. The temperature was uniformly from 60 deg. to

63 deg. I might have made it as much lower or higher as I liked. The quantity of coal used (Welsh stove coal) was for several of the colder months six pounds a day; less than a pennyworth, or at the rate of half a ton in the six winter months." Since Dr. Arnott first called attention to the subject, many close stoves have been introduced, but still, notwithstanding their undoubted economy as regards fuel, they have met with very little encouragement. They are so ill-suited to English habits, that many of those who at first adopted them have since given them up. We find them occasionally in shops and halls, but very seldom in sitting-rooms. Chambers also and public buildings are often very efficiently, because uniformly, warmed by means of close stoves.

CLOTH, CAMBRIC, SARSNET, &c., TO PAINT SO AS TO RENDER THEM TRANSPARENT.

Grind to a fine powder 3 lb. of clean white resin, and put it into 2 lb. of good nut-oil to which a strong drying quality has been given; set the mixture over a moderate fire, and keep stirring it till all the resin is dissolved; then put in 2 lb. of the best Venice turpentine, and stir the whole well together. If the cloth or cambric be thoroughly varnished on both sides with this mixture, it will be quite transparent. In this operation the surface upon which the varnish is to be applied must be stretched tight and made fast during the application. This mode of rendering cloth, &c., transparent is excellently adapted for window-blinds. The varnish will likewise admit of any design in oil-colours being executed upon it as a transparency.

CLOTH, TO CLEAN.

Ingredients: Dry fullers' earth moistened with lemon-juice, a small quantity of pulverized pearlash. — *Mode:* Mix the fullers' earth and pearlash into balls with sufficient lemon-juice to moisten. Scour the cloth with the balls.

CLOTH, TO WATERPROOF.

Ingredients: Equal parts of alum, soap, and isinglass; sufficient water.—*Mode:* Dissolve each of the ingredients separately in sufficient water to make a tolerably strong solution. Then mix all together, and with a sponge thoroughly imbue the cloth with the mixture on the wrong side. After this dry the cloth and then brush it well, first with a dry brush, and afterwards lightly with a brush dipped in a little water.

CLOTH, TO WATERPROOF WOOLLEN.

Make after the following manner two solutions in two separate vessels. First dissolve 1 lb. of sugar of lead in one gallon of water. Secondly, dissolve 1 lb. of alum in one gallon of water. Dip the cloth to be made waterproof first in the solution of lead, and, when nearly dry, dip it in the solution of alum; then dry it in the air or before the fire. This process is very effectual, and it may be used for coats and other garments even after made up.

CLOTHES, TO CLEAN FROM GREASE AND OTHER STAINS (an Excellent Method).

Take one peck of new lime; pour over it as much water as will leave about two gallons of clear liquid after it has been well stirred and has settled. In about two hours pour off the clear liquid into another vessel; then add to it 6 oz. of pearlash; stir it well, and when settled bottle it for use. With this liquid wash the clothes, using a coarse piece of sponge for the purpose. If the clothes are of very fine fabric and delicate colour, the liquid must be diluted with clear soft water.

CLOTHES-POSTS.

These articles, necessary for every laundry, soon decay at the bottom if they are merely set into the ground as

fixtures. If made with sockets and movable, they will last for years. The sockets may be made of 1-inch elm, about 18 inches in length, the top just level with the surface of the earth, and fitted with a cover to be put on when the posts are removed, or bricks may be sunk into the earth to form sockets.

CLOTTED CREAM.

Ingredients: 4 blades of mace, ¼ pint of new milk, 6 spoonfuls of rosewater, the yolks of 2 new-laid eggs, 1 quart of fresh cream.—*Mode:* Put the mace into the new milk and simmer for a few minutes, then stir in the rosewater; beat up with the yolks of the eggs; strain the milk and stir them gradually into it. When this is done, stir the whole into the cream and set it over the fire; do not let it boil, but keep stirring it until it is near boiling. Pour it into a dish, and let it stand twenty-four hours. This is a beautiful cream to serve with fruit tarts, &c.

CLOTTED CREAM (another Recipe).

Let the milk stand in a bell-shaped metal vessel twenty-four hours; then place the vessel over a small wood fire, so that the heat may very gradually be communicated to it. When it has been on the fire about an hour and a half, and is near to simmering, strike the vessel with the knuckle and watch it very carefully. As soon as the vessel when struck ceases to ring, or a bubble appears on the surface of the milk, simmering previous to boiling has commenced. The greatest care is now requisite, for this simmering must not proceed to boiling, and as soon as the milk reaches this point, it must be removed from the fire and set by for another twenty-four hours. At the end of this time the cream will have risen, and be thick enough to cut with a knife. It should be carefully removed with a skimmer. The quantity of butter by this process may be increased one-fifth, but the milk is of course proportionately impoverished.

CLOVE BITTERS; a Wholesome Stomachic.

Ingredients: 1 part cloves, 2 parts cascarilla, 5 parts gin or proof spirit, 30 parts boiling water.—*Mode:* Bruise the cloves and the cascarilla, which is the bitter, and steep them in the water for two hours; then strain off all that is clear, and add the spirit. Keep it bottled for use.

COACHMAN, THE,

In a general way, has the care of the carriages (of which full information will be found under that term), but his proper office is to drive; and much of the enjoyment of those in the carriage depends on his proficiency in his art,—much also of the wear of the carriage and horses. He should have sufficient knowledge of the construction of the carriage to know when it is out of order,—to know, also, the pace at which he can go over the road he has under him, without risking the springs, and without shaking those he is driving too much.

Having, with or without the help of the groom or stable-boy, put his horses to the carriage, and satisfied himself, by walking round them, that everything is properly arranged, the coachman proceeds to the off-side of the carriage, takes the reins from the back of the horses, where they were thrown, buckles them together, and, placing his foot on the step, ascends to his box, having his horses now entirely under control. In ordinary circumstances, he is not expected to descend, for where no footman accompanies the carriage, the doors are usually so arranged that even a lady may let herself out, if she wishes it, from the inside. The coachman's duties are to avoid everything approaching an accident, and all his attention is required to guide his horses.

The pace at which he drives will depend upon his orders,—in all probability a moderate pace of seven or eight miles an hour: less speed is injurious to the horses, getting them into lazy and sluggish habits; for it is won-

Coachman.

derful how soon these are acquired by some horses. The writer was once employed to purchase a horse for a country friend, and he picked a very handsome gelding out of Collins's stables, which seemed to answer to his friend's wants. It was duly committed to the coachman who was to drive it, after some very successful trials in harness and out of it, and seemed likely to give great satisfaction. After a time, the friend got tired of his carriage, and gave it up; as the easiest mode of getting rid of the horse, it was sent up to the writer's stables,—a present. Only twelve months had elapsed; the horse was as handsome as ever, with plenty of flesh, and a sleek, glossy coat, and he was thankfully enough received; but, on trial, it was found that a stupid coachman, who was imbued with one of their old maxims, that "it's the pace that kills," had driven the horse, capable of doing his nine miles an hour with ease, at a jog-trot of four miles, or four and a half; and now, no persuasion of the whip could get more out of him. After many unsuccessful efforts to bring him back to his pace, in one of which a break-down occurred, under the hands of a professional trainer, he was sent to the hammer, and sold for a sum that did not pay for the attempt to break him in. This maxim, therefore, "that it's the pace that kills," is altogether fallacious in the moderate sense in which we are viewing it. In the old coaching days, indeed, when the Shrewsbury "Wonder" drove into the inn yard while the clock was striking, week after week and month after month, with unerring regularity, twenty-seven hours to a hundred and sixty-two miles; when the "Quicksilver" mail was timed to eleven miles an hour between London and Plymouth, with a fine of £5 to the driver if behind time; when the Brighton "Age," "tool'd" and horsed by the late Mr. Stevenson, used to dash round the square as the fifth hour was striking, having stopped at the halfway house while his servant handed a sandwich and a glass of sherry to his passengers, then the pace was indeed "killing." But the truth is, horses that are driven at a jog-trot pace lose that *élan* with which a good driver can inspire them, and they are left to do their work by mere weight and muscle; therefore, unless he has contrary orders, a good driver will choose a smart pace, but not enough to make his horses perspire: on level roads this should never be seen.

In choosing his horses, every master will see that they are properly paired,—that their paces are about equal. When their habits differ, it is the coachman's duty to discover how he can, with least annoyance to the horses, get that pace out of them. Some horses have been accustomed to be driven on the check, and the curb irritates them; others, with harder mouths, cannot be controlled with the slight leverage this affords; he must, therefore, accommodate the horses as he best can. The reins should always be held so that the horses are "in hand;" but he is a very bad driver who always drives with a tight rein; the pain to the horse is intolerable, and causes him to rear and plunge, and finally break away, if he can. He is also a bad driver when the reins are always slack; the horse then feels abandoned to himself; he is neither directed nor supported, and if no accident occurs, it is great good luck.

The true coachman's hands are so delicate and gentle, that the mere weight of the reins is felt on the bit, and the directions are indicated by a turn of the wrist rather than by a pull; the horses are guided and encouraged, and only pulled up when they exceed their intended pace, or in the event of a stumble; for there is a strong though gentle hand on the reins.

The whip, in the hands of a good driver, and with well-bred cattle, is there more as a precaution than a "tool" for frequent use; if he uses it, it is to encourage, by stroking the flanks; except, indeed, he has to punish some waywardness of temper, and then he does it effectually, taking care, how-

ever, that it is done on the flank, where there is no very tender part, never on the crupper. In driving, the coachman should never give way to temper. How often do we see horses stumble from being conducted, or at least "allowed," to go over bad ground by some careless driver, who immediately wreaks that vengeance on the poor horse, which might, with much more justice, be applied to his own brutal shoulders. The whip is of course useful, and even necessary, but should be rarely used, except to encourage and excite the horses.

COAL.

Every housekeeper should be careful that coal, when delivered, is of proper weight, and that no deception has been practised; for not unfrequently coal is wetted to increase its weight. The best coal is the cheapest: the extra shilling or so per ton given for it is all gain: it lasts much longer and makes a better fire. Never buy unscreened coal (that is, coal with all the dust in it) for household use; there is always quite sufficient small coal in that which is said to have been screened. Some cooks are very wasteful with coal, and pick out all the large pieces for kitchen use, under the pretence that they cannot make a fire for roasting with small coal. Small coal, however, especially if wetted, makes a very strong fire; but it must not be poked until it has quite caked. In this way, also, cinders may be used with advantage on a kitchen fire. They should be slightly wetted when put on, and then covered with fresh coal. In the height of summer, coal is always much cheaper than at any other time; as a matter of economy, therefore, if there be room to house them, the year's supply of coal should be ordered in at that time. In some places coal is very greatly increased in price in the winter time, and in severe weather it very often cannot be procured at all. What is generally known as Newcastle coal is decidedly superior to the coal from Derbyshire and Staffordshire. It lasts much longer, and does not make so much dust. Good coal should look bright, and be free from dust. It does not burn any the worse for being slightly damp; but it should never be bought damp, as in this state it weighs more than it ought to do.

COCHINEAL COLOURING.

This colouring is very useful in cookery. It is expensive to buy, and may cheaply and easily be made by following these directions.—*Ingredients:* 1 oz. of cochineal, 1 oz. of salts of wormwood, 2 oz. of cream of tartar, 1 oz. of roche alum, 1 quart of water, 8 oz. of white sugar.—*Mode:* Reduce to a fine powder, in a mortar, the cochineal and salts of wormwood; boil the sugar and water in an untinned copper saucepan; add the cochineal and salts of wormwood, and when these have boiled up, put in the cream of tartar: stir with a stick or wooden spoon. Add the roche alum powdered, mix well, strain through a jelly-bag, and when cold, bottle and cork the colouring and keep it in a cool place.

COCKROACHES, TO KILL.

Ingredients: 1 teaspoonful of plaster of Paris, 2 ditto of oatmeal, and a little sugar.—*Mode:* Bruise the plaster of Paris well and mix it with the other materials; then strew it on the floor or in the crevices that they frequent.

COCK-TAIL, an American Drink.

Ingredients: 1 dessert-spoonful of essence of Jamaica ginger, 3 lumps of white sugar, 1 wineglass of brandy, hot water.—*Mode:* Put the ginger, sugar, and brandy into a tumbler, and add hot water to reduce it to taste.

COCOA-NIBS.

Cocoa prepared from what are called cocoa-nibs, requires to be boiled three or four hours, in order to extract the goodness of them. The vessel containing the nibs should be placed near the fire, so as to heat gradually until it reaches boiling heat, at which it should

be kept, but not allowed to boil violently. The nibs are not soluble, and a high colour is not essential to the goodness of the cocoa made from them.

COD-LIVER OIL, TO MAKE.

This oil is subject to so much adulteration that the following recipe for making it cannot but prove useful to those for whom it is recommended. It will both save expense and insure purity in this most valuable remedy.

Take the fresh cod-livers bought of the fishmongers; mash them well in a jar; set the jar in a saucepan of water, and let it boil for some time. When the oil is well drawn out, strain all through a piece of muslin. This will be pure cod-liver oil, which must be kept for use in a bottle well corked.

COFFEE.

To have good coffee, the berries must be not only of the first quality, but fresh ground. Very much also depends upon the roasting. To have coffee in perfection the berries should be roasted fresh every morning. In most families, however, this is impossible; the consumption would never warrant it. The plan recommended, therefore, is to buy fresh-roasted coffee, and to grind at home as much as is required for the day's consumption. A supply for a week or a fortnight of fresh-roasted coffee-berries will keep quite well, if put into a tin canister and covered down closely. Never buy ground coffee for the purpose of keeping it, as it soon loses its flavour. The mill used for coffee should be one that grinds very coarsely. It is a great mistake to grind coffee to a fine powder, for the liquid never clears so well, and much of the flavour is destroyed. In many countries where coffee is grown and its use well understood, the berries are never ground, but merely bruised in a mortar. All the virtue is thus soon extracted by boiling, and none lost in the prolonged process of grinding. Coffee requires o be kept in a very dry place and apart from other things which give off an aroma, for it very readily absorbs the flavour of anything that is placed near to it. It is therefore best kept in an air-tight canister. Properly made, it requires no other ingredients to clear it, no isinglass or egg-shells, which can only interfere with the delicate flavour of really good coffee. The pot in which it is made should be of metal, kept clean and dry, and the proportion of coffee required is half an ounce of ground coffee to every half-pint of water. First scald out the pot, put in the quantity of coffee required, and pour the water boiling hot upon it. Set the pot on the fire, and let it boil till the bubbles are clear, removing the pot whenever it seems inclined to boil over; then pour out a cupful and put it back again. This will clear the spout of the pot, as well as help to clear the coffee. Let it stand for ten minutes or a quarter of an hour near the fire, to be kept hot, but not to simmer, and it will be fit for use. According to Francatelli, "the simplest, the easiest, and most effectual means whereby to produce well-made coffee, is to procure one of Adam's coffee percolators, No. 57, Haymarket, London; put the coffee in the well, place the perforated presser upon it, then pour in the boiling water gently and gradually, until the quantity required is completed; put the lid on the percolator, and set it by the fire to run through. By strict attention to the foregoing instructions excellent coffee will be produced in a few minutes; the proportion of coffee and water being 1 oz. of coffee to a large breakfast cup of water."

COFFEE, TO MAKE.

Put a sufficient quantity of ground coffee into a pot, and pour boiling water upon it; stir it several times, then place the pot on the fire, and as soon as it boils pour out a cupful and return it; let it boil a second time, and again pour out a cupful and return it. Then set the coffee-pot by the side of the fire, and pour gently over the top of it a cup of cold water. The cold water, from its greater density, as it sinks will

carry all the dregs with it, and render the coffee quite bright and pure.

Another Method.—Beat up an egg (if the quantity of coffee required be over three pints or two quarts, two eggs will be necessary); mix the beaten egg well with the quantity of ground coffee till it is made into a paste; put this into the coffee-pot and fill up with cold water; let it simmer very gently for an hour; do not stir it, and on no account let it boil. Leave it to settle for a few minutes, and serve quite hot. Use sugarcandy in preference to sugar, and cream in preference to boiled milk.

COFFEE OF SUPERIOR FLAVOUR.

Take a clean Florence flask, put into it a sufficient quantity of ground coffee for the water it will contain; fill the flask nearly full with *cold* water, cork up the opening and shake the flask well; then remove the cork, and in place of it put a wadding of clean cotton-wool; invert the flask, and hang it up so that the contents may slowly drip out into a cup; heat this on a trivet before the fire. The cup of coffee so obtained will be of superior flavour and brightness.

COFFEE-MILK FOR AN INVALID'S BREAKFAST.

Ingredients: 1 dessert-spoonful of ground coffee, 1 pint of milk. Boil the coffee in the milk for about a quarter of an hour, then stir in three or four shavings of isinglass; boil again for a few minutes and leave it by the fire to clear. Sweeten to taste.

COKE.

Coke may be burnt with advantage alone, but with coal it adds greatly to the expense of the fire. Coke is best kept in the open air subject to the weather, as it lasts longer when damp.

COLD CREAM.

Ingredients: ½ oz. of fine white wax, 2 oz. of oil of almonds, 2 oz. of rosewater, or 2 oz. of elder-flower water.—*Mode:* Dissolve the wax in the oil of almonds near the fire, and mix them well; then gradually stir in the rosewater or elder-flower water as preferred; beat all with a fork to the consistency of cream, and keep it in pots well covered down from the air.

COLD CREAM UNGUENT, used as a Mild Unguent to soften the Skin, prevent Chaps, &c.

Ingredients: 2 oz. of spermacceti, ¼ oz. of virgin wax, ¼ pint of oil of sweet almonds, ½ pint of rosewater.—*Mode:* Dissolve the spermaceti, wax, and oil of sweet almonds by steam, and when dissolved, beat them till quite cold in a pint of rosewater.

Another. — *Ingredients:* 4 oz. of oil of sweet almonds, 4 oz. of spermaceti, 4 oz. of rosewater.—*Mode:* Place these ingredients together in a clean basin, and with a silver fork or fine whisk beat them to a cream. This cream may be kept in a covered pot, with a piece of lead-paper on the top of it.

COLD FEET.

Coldness of the feet is one of the disagreeable results of defective circulation. Anything which tends to improve the circulation will, at the same time, become a remedy for cold feet. In a general way, however, the state of the circulation is the state of the constitution, and any improvement is a long and tedious process. What can be done, meanwhile, for those who suffer from cold feet? Hot bottles are the resort of some, and sleeping in wool or other warm socks, of others. The latter is far better than the former; but the occasional use of hot bottles in very cold weather is itself far better than lying awake all night. Before recourse is had to either of these remedies, let the following be well tried. On going to bed, and just before undressing, take off your stockings, put on to your hands a pair of worsted gloves and rub your feet and ankles thoroughly for ten minutes or a quarter of an hour. Rub with the naked hand if you prefer it,—it

is equally efficacious; but rub with as much pressure and as sharply as you can. Persevere for several nights, and you will find the operation successful. A glowing and most pleasurable sensation will be produced, and warm feet and sleep procured.

COLD IN THE HEAD, TO CURE.

A most efficacious and simple remedy for a severe cold in the head.

Take a small basin, put into it boiling water and strong camphorated spirit, in the proportion of 1 teaspoonful of spirit to ½ pint of water. Wring out a sponge in this as hot as possible, and apply it to the nose or mouth; draw in the steam with the nose first and then with the mouth; swallow the steam, and, to prevent any escape, cover the head with a flannel. Repeat this operation for some time, having another hot sponge when the first gets cool. Sponges so wrung out in the same mixture may with great benefit be applied outwards to the throat and chest.

Another.—Take 30 drops of camphorated sal-volatile in a wineglass of warm water several times in the course of the day.

COLD ON THE CHEST.

A flannel dipped in boiling water, and sprinkled with turpentine, laid on the chest as quickly as possible, will relieve the most severe cold or hoarseness.

COLD, TO CURE A.

Put a large teacupful of linseed, with ¼ lb. of sun raisins and 2 oz. of stick liquorice, into two quarts of soft water, and let it simmer over a slow fire till reduced to one quart: add to it ¼ lb. of pounded sugarcandy, a tablespoonful of old rum, and a tablespoonful of the best white-wine vinegar or lemon-juice. The rum and vinegar should be added as the decoction is taken; for, if they are put in at first, the whole soon becomes flat and less efficacious. The dose is half a pint, made warm, on going to bed; and a little may be taken whenever the cough is troublesome. The worst cold is generally cured by this remedy in two or three days; and, if taken in time, it is considered infallible.

COLD, TO RECOVER ANY ONE FROM INTENSE.

The restoring of animation after intense cold is a most painful sensation. By no means allow the patient to come near the fire. Rub the body with snow, ice, or cold water, and restore warmth to it by slow degrees. A little brandy, or warm brandy-and-water, should be administered.

COLLODION.

This is gun-cotton dissolved in ether. It is very useful for many purposes, especially is it useful in photography. Those who take pleasure in striking cuttings of tender plants in Waltonian cases, or under small glasses in the house, will find it of great assistance in the case of all soft-wooded plants to touch the wound at the lowest joint of the cutting which enters the ground with a camel-hair brush dipped in collodion. This will materially hasten the formation of the callous, which is necessary before any roots can be formed.

COLOURED DRAWINGS, TO VARNISH.

Mix well together 2 parts of oil of turpentine and 1 part of Canada balsam. First wash the drawing over with a thin size, and when this is quite dry, apply the varnish with a soft brush.

COLOURED SILKS, TO CLEAN AND REVIVE.

Those who have coloured silk dresses too dirty to wear any longer, too old to dye, and still too good to be wholly discarded, will do well to treat them in the following manner, and if the cleaning and reviving process in the case of the different colours be strictly attended to, they will be surprised on the re-appearance of their old garments. Make a strong lather of white soap and clean

soft water, used boiling; when the heat has subsided so that the hand can be borne in it comfortably, put the different breadths and pieces of silk into it, working them about with the hands, but not rubbing them unless the fabric be strong enough to bear it. Pass them through the hands, which will remove much of the lather, and rinse them in clean warm soft water. After this, have ready more clean warm soft water, in which have been mixed the undermentioned ingredients, which are suitable to the different colours of the silks. For bright yellows, crimsons, maroons, and scarlets, add a little oil of vitriol, just sufficient to give a sourish taste to the water. For very bright scarlets, use a weak solution of tin, instead of the vitriol. For pinks, rose-colours, and other light shades, use a little lemon-juice, tartaric acid, or vinegar. Determine the quantity by the taste. For greens and olive-greens, use a little verdigris or solution of copper. For purples, blues, and, indeed, all shades of blue, use a small quantity of American pearlash. On taking the silk out of this third water, do not wring it, but gently squeeze the moisture out of it, first in the hands alone, and afterwards in a coarse sheet. Then, when nearly dry, lay the breadths the wrong side upwards on a clean sheet; have ready some very weak gum-water or isinglass size, into which a little pearlash has been dissolved, and with a clean brush dipped into it, lightly and carefully go over the whole of the material. Pin out the different pieces and dry them in a warm room, or in the air, if the weather be fine, but not in the sunshine.

COLOURED THINGS, TO PREVENT FROM RUNNING.

Boil ¼ lb. of soap till nearly dissolved, then add a small piece of alum and boil with it. Wash the things in this lather, but do not soap them. If they require a second water, put alum to that also, as well as to the rinsing and blue water. This will preserve the colour.

COLOURING WASHES.

Yellow: Gamboge dissolved in water. —*Red:* Brazil dust steeped in vinegar, and alum added; or cochineal steeped in water, strained, and gum-arabic added.—*Blue:* Saxon blue diluted with water.—*Green:* Distilled verdigris dissolved in water, and gum added; or sap-green dissolved in water, and alum added.

COLOURINGS FOR CONFECTIONERY.

Pink colour: A pink colour may be made with either archil, lake, Dutch pink, or rose-pink. Take as much of either of them as will be enough for your purpose, and moisten it with spirits of wine; grind it on a marble slab till quite fine, and add spirits of wine or gin, till it is of the thickness of cream.—*Red:* Red colour is made with cochineal. Grind ½ oz. of cochineal fine enough to go through a wire sieve; put into a two-quart copper pan ¼ oz. of salts of wormwood and half a pint of cold spring water; put the cochineal into it, and put it over a clear fire; let them boil together for about a minute; mix in ¾ oz. of cream of tartar, and let it boil again; as soon as it boils take it off, and put in of powdered roche alum rather less than half a teaspoonful; stir it well together, and strain it into a bottle; put in a lump of sugar to keep it; cork the bottle for use.—*Scarlet:* Vermilion, ground with a little gin or lemon-juice, and then mixed with water, makes a bright scarlet; but in using it be careful not to take the smallest possible quantity, for it is highly pernicious.—*Cherry Red:* Boil 1 oz. of cudbear in three half-pints of water, over a slow fire, till reduced to a pint; then add 1 oz. of cream of tartar, and let them simmer again. When cold, strain them; add 1¼ oz. of spirits of wine to it, and bottle for use: this is rendered red when mixed with acid, and green with alkali; it is not a good colour, and Dutch grappe madder may be substituted for it. Take 2 oz.; tie it in a

cloth, and beat it in a mortar with a pint of water; pour this off, and repeat the same operation until you have used four or five pints, when the whole of the colour will be extracted; then boil it for ten minutes, and add 1 oz. of alum dissolved in a pint of water, and 1½ oz. of oil of tartar; let it settle, and wash the sediment with water; pour this off and dry it, and mix some of it with a little spirits of wine or gin. A tincture made by pouring hot water over sliced beetroot will give a good red for ices and jellies.—*Blue:* Dissolve a little indigo in warm water, or put a little warm water on a plate, and rub an indigo-stone on it till you have sufficient for your purpose. This will do for ices, &c. But to use indigoes for sugars, first grind as much as you will require as fine as you can on a stone, or in a mortar, and then dissolve it in gin or spirits of wine, till of the tint you wish. You can make a good blue by grinding Prussian or Antwerp blue fine on a marble slab, and mixing it with water.—*Yellow:* You may get a yellow by dissolving turmeric or saffron in water or rectified spirits of wine. Tincture of saffron is used for colouring ices, &c. The roots of barberries prepared with alum and cream of tartar, as for making a green, will also make a transparent yellow for sugars, &c. Saffron or turmeric may be used in like manner.—*Green:* Boil 1 oz. of fustic, ¼ oz. of turmeric, 2 drachms of good clear alum, and 2 drachms of cream of tartar, in half a pint of water, over a slow fire, till one-third of the water is wasted; add the tartar first, and lastly the alum; pound a drachm of indigo in a mortar till quite fine, and then dissolve it in ½ oz. of spirits of wine. When the ingredients you have boiled (and which make a bright yellow) are cold, strain the solution of indigo, and mix it with them. You will have a beautiful transparent green; strain it, and put it into a bottle; stop the bottle well, and put it by for use. You may make it darker or lighter by using more or less indigo. This may be used for colouring boiled or other sugars, or any preparation in ornamental confectionery.—A good green for colouring ices, &c., may be made as follows:—Carefully trim the leaves of some spinach, and boil them in a very little water for about a minute; then strain the water clear off, and it will be fit for use.—*Brown:* Burnt umber, ground on a marble slab with water, will make a good brown colour, and you need not use much to obtain the tint you require. Burnt sugar will also answer the same purpose. All colourings are more or less injurious; they are useful for ornament, but they are better avoided on things intended to be eaten.

COMBS, TO CLEAN.

If it can be avoided, never wash combs, as the water often makes the teeth split, and renders the tortoiseshell or horn of which they are made, rough. Small brushes, manufactured purposely for cleaning combs, may be purchased at a trifling cost: with one of these the comb should be well brushed, and afterwards wiped with a cloth or towel.

CONCRETE.

Thames ballast, as taken from the bed of the river, answers exceedingly well for making concrete, consisting nearly of two parts of pebbles to one of sand; or any sharp gritty sand may be used. With it must be mixed from one-seventh to one-eighth part of lime. The best mode of making concrete is to mix the lime, previously ground, with the ballast in a dry state; sufficient water is then thrown over it to effect a perfect mixture, after which it should be turned over at least twice with shovels, or oftener; then put into barrows, and wheeled away for use instantly.

CONCUSSION OF BRAIN—STUNNING.

This may be caused by a blow or a fall.—*Symptoms:* Cold skin; weak pulse; almost total insensibility; slow, weak breathing; pupil of eye sometimes bigger, sometimes smaller, than

natural; inability to move; unwillingness to answer when spoken to. These symptoms come on directly after the accident.—*Treatment:* Place the patient quietly on a warm bed, send for a surgeon, *and do nothing else for the first four or six hours.* After this time the skin will become hot, the pulse full, and the patient feverish altogether. If the surgeon has not arrived by the time these symptoms have set in, shave the patient's head, and apply the following lotion:—Mix ½ oz. of sal-ammoniac, 2 tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water. Then give this pill—Mix 5 grs. of calomel and the same quantity of antimonial powder with a little bread-crumb, and make into two pills. Give a black draught three hours after the pill, and two tablespoonfuls of fever-mixture every four hours. Keep on low diet. Leeches are sometimes to be applied to the head. These cases are often followed by violent inflammation of the brain. They can, therefore, only be attended to properly throughout by a surgeon. The great thing for people to do is to content themselves with putting the patient to bed, and waiting the arrival of a surgeon.

CONGREVE MATCHES.

Weigh out 30 parts of powdered chlorate of potash, 10 of powdered sulphur, 8 of sugar, and 5 of gum-arabic, with a little cinnabar to communicate colour. The sugar, gum, and salt must first be rubbed together into a thin paste with water; the sulphur is then to be added, and the whole being thoroughly beaten together, small brimstone matches are to be dipped in, so as to retain a thin coat of the mixture upon their sulphured ends. When quite dry they are fit for use.

CONVULSIONS, OR INFANTILE FITS.

From their birth till after teething, infants are more or less subject or liable to sudden fits, which often, without any assignable cause, will attack the child in a moment, and while in the mother's arms; and which, according to their frequency, and the age and strength of the infant, are either slight or dangerous.

Whatever may have been the remote cause, the immediate one is some irritation of the nervous system, causing an effusion to the head, inducing coma. In the first instance, the infant cries out with a quick, short scream, rolls up its eyes, arches its body backwards; its arms become bent and fixed, and the fingers parted; the lips and eyelids assume a dusky leaden colour, while the face remains pale, and the eyes open, glassy, or staring. This condition may or may not be attended with muscular twitchings of the mouth and convulsive plunges of the arms. The fit generally lasts from one to three minutes, when the child recovers with a sigh and the relaxation of the body. In the other case, the infant is attacked at once with total insensibility and relaxation of the limbs, coldness of the body and suppressed breathing; the eyes, when open, being dilated, and presenting a dim, glistening appearance; the infant appearing, for the moment, to be dead.

Treatment: The first step in either case is, to immerse the child in a hot bath up to the chin; or, if sufficient hot water cannot be procured to cover the body, make a hip-bath of what can be obtained, and, while the left hand supports the child in a sitting or recumbent position, with the right scoop up the water, and run it over the chest of the patient. When sufficient water can be obtained, the spine should be briskly rubbed while in the bath; when this cannot be done, lay the child on the knees, and with the fingers dipped in brandy, rub the whole length of the spine vigorously for two or three minutes, and when restored to consciousness, give occasionally a teaspoonful of weak brandy-and-water or wine-and-water.

An hour after the bath, it may be necessary to give an aperient powder, possibly also to repeat the dose once or twice every three hours; in which case

the following prescription is to be employed :—Take of powdered scammony 6 grs., grey powder 6 grs., antimonial powder 4 grs., lump sugar 20 grs. Mix thoroughly, and divide into three powders, which are to be taken as advised for an infant one year old : for younger or weakly infants, divide into four powders, and give as the other. For thirst and febrile symptoms, give drinks of barley-water or cold water, and every three hours put ten to fifteen drops of spirits of sweet nitre in a dessert-spoonful of either beverage.

COOK, DUTIES OF.

Excellence in the art of cookery, as in all other things, is only attainable by practice and experience. In proportion, therefore, to the opportunities which a cook has had of these, so will be his excellence in the art. It is in the large establishments of princes, noblemen, and very affluent families alone, that the man cook is found in this country. He also superintends the kitchens of large hotels, clubs, and public institutions, where he, usually, makes out the bills of fare, which are generally submitted to the principal for approval. To be able to do this, therefore, it is absolutely necessary that he should be a judge of the season of every dish, as well as know perfectly the state of every article he undertakes to prepare. He must also be a judge of every article he buys ; for no skill, however great it may be, will enable him to make that good which is really bad. On him rests the responsibility of the cooking generally, whilst a speciality of his department is to prepare the rich soups, stews, ragouts, and such dishes as enter into the more refined and complicated portions of his art, and such as are not usually understood by ordinary professors. He therefore holds a high position in a household, being inferior in rank only to the house steward, the valet, and the butler.

In the luxurious ages of Grecian antiquity, Sicilian cooks were the most esteemed, and received high rewards

for their services. Among them, one called Trimalcio was such an adept in his art, that he could impart to common fish both the form and flavour of the most esteemed of the piscatory tribes. A chief cook in the palmy days of Roman voluptuousness had about £800 a year, and Antony rewarded the one that cooked the supper which pleased Cleopatra, with the present of a city. With the fall of the empire, the culinary art sank into less consideration. In the middle ages, cooks laboured to acquire a reputation for their sauces, which they composed of strange combinations, for the sake of novelty, as well as singularity.

The duties of the cook, the kitchen and the scullery maids, are so intimately associated, that they can hardly be treated of separately. The cook, however, is at the head of the kitchen ; and in proportion to her possession of the qualities of cleanliness, neatness, order, regularity, and celerity of action, so will her influence appear in the conduct of those who are under her ; as it is upon her that the whole responsibility of the business of the kitchen rests, whilst the others must lend her both a ready and a willing assistance, and be especially tidy in their appearance and active in their movements.

In the larger establishments of the middle ages, cooks, with the authority of feudal chiefs, gave their orders from a high chair, in which they ensconced themselves, and commanded a view of all that was going on throughout their several domains. Each held a long wooden spoon, with which he tasted, without leaving his seat, the various comestibles that were cooking on the stoves, and which he frequently used as a rod of punishment on the backs of those whose idleness and gluttony too largely predominated over their diligence and temperance.

If the quality of early rising be of the first importance to the mistress, what must it be to the servant ! Let it, therefore, be taken as a long-proved truism, that without it, in every do-

mestic, the effect of all things else, so far as *work* is concerned, may, in a great measure, be neutralized. In a cook, this quality is most essential; for an hour lost in the morning will keep her toiling, absolutely toiling, all day, to overtake that which might otherwise have been achieved with ease. In large establishments, six is a good hour to rise in the summer, and seven in the winter.

Her first duty, in large establishments and where it is requisite, should be to set her dough for the breakfast rolls, provided this has not been done on the previous night, and then to engage herself with those numerous little preliminary occupations which may not inappropriately be termed laying out her duties for the day. This will bring in the breakfast hour of eight, after which, directions must be given, and preparations made, for the different dinners of the household and family.

In those numerous households where a cook and housemaid are only kept, the general custom is that the cook should have charge of the dining-room. The hall, the lamps, and the doorstep are also committed to her care, and any other work there may be on the outside of the house. In establishments of this kind, the cook will, after having lighted her kitchen fire, carefully brushed the range, and cleaned the hearth, proceed to prepare for breakfast. She will thoroughly rinse the kettle, and, filling it with fresh water, will put it on the fire to boil. She will then go to the breakfast-room, or parlour, and there make all things ready for the breakfast of the family. Her attention will next be directed to the hall, which she will sweep and wipe; the kitchen stairs, if there be any, will now be swept; and the hall mats, which have been removed and shaken, will be again put in their places.

The cleaning of the kitchen, pantry, passages, and kitchen stairs must always be over before breakfast, so that it may not interfere with the other business of the day. Everything should be ready and the whole house should wear a comfortable aspect when the heads of the house and members of the family make their appearance. Nothing, it may be depended on, will so please the mistress of an establishment, as to notice that, although she has not been present to see that the work was done, attention to smaller matters has been carefully paid, with a view to giving her satisfaction and increasing her comfort.

By the time that the cook has performed the duties mentioned above, and well swept, brushed, and dusted her kitchen, the breakfast-bell will most likely summon her to the parlour, to "bring in" the breakfast. It is the cook's department, generally, in the smaller establishments, to wait at breakfast, as the housemaid, by this time, has gone up-stairs into the bedrooms, and has there applied herself to her various duties. The cook usually answers the bells and single knocks at the door in the early part of the morning, as the tradesmen, with whom it is her more special business to speak, call at these hours.

It is in her preparation of the dinner that the cook begins to feel the weight and responsibility of her situation, as she must take upon herself all the dressing and the serving of the principal dishes, which her skill and ingenuity have mostly prepared. Whilst these, however, are cooking, she must be busy with her pastry, soups, gravies, ragouts, &c. Stock, or what the French call *consommé*, being the basis of most made dishes, must be always at hand, in conjunction with her sweet herbs and spices for seasoning. "A place for everything, and everything in its place," must be her rule, in order that time may not be wasted in looking for things when they are wanted, and in order that the whole apparatus of cooking may move with the regularity and precision of a well-adjusted machine;—all must go on simultaneously. The vegetables and sauces must be ready with the dishes they are to accompany, and in order that they may be suitable, the smallest oversight must not be made in

their preparation. When the dinner hour has arrived, it is the duty of the cook to dish-up such dishes as may, without injury, stand, for some time, covered on the hot-plate or in the hot closet; but such as are of a more important or *récherché* kind, must be delayed until the order "to serve" is given from the drawing-room. Then comes haste; but there must be no hurry; all must work with order. The cook takes charge of the fish, soups, and poultry, and the kitchen-maid of the vegetables, sauces, and gravies. These she puts into their appropriate dishes, while the scullery-maid waits on and assists the cook. Everything must be timed so as to prevent anything from getting cold, while the greatest care should be taken that between the courses no more time should be suffered to elapse than is necessary, for nothing is so disagreeable to guests as long delay. When dinner has been served, the most important feature in the daily life of the cook has come to an end. She must now begin to look to the contents of her larder, taking care to keep everything sweet and clean, so that no disagreeable smells may arise from the gravies, milk, or meat that may be there. These are the duties of a cook in a first-rate establishment.

In smaller establishments the housekeeper often conducts the higher department of cooking, and the cook, with the assistance of the scullery-maid, performs some of the subordinate duties of the kitchen-maid. When circumstances render it necessary, the cook engages to perform the whole of the work of the kitchen, and not unfrequently a portion of the house-work also.

Whilst the cook is engaged with her morning duties, the kitchen-maid is also occupied with hers. Her first duty, after the fire is lighted, is to sweep and clean the kitchen and the various offices belonging to it. This she does every morning, besides cleaning the stone steps at the entrance of the house, the hall, the passages, and the stairs which lead to the kitchen.

Her general duties, besides these, are to wash and scour all these places twice a week, with the tables, shelves, and cupboards. She has also to dress the nursery and the servants' hall dinners, to prepare all fish, poultry, and vegetables, trim meat joints and cutlets, and do all such duties as may be considered to enter into a cook's department in a subordinate degree. The duties of the scullery-maid are to assist the cook, to keep the scullery clean and all the utensils of the kitchen, as well metallic as earthenware. The position of a scullery-maid is not one of high rank, nor is her payment large. But if she be fortunate enough to have over her a good kitchen-maid and clever cook, she may soon learn to perform the various little duties connected with cooking operations, which may be of considerable service in fitting her for a more responsible and more profitable place.

COOKING.

In this country, plain boiling, roasting, and baking are the usual methods of cooking animal food. To explain the philosophy of these simple culinary operations, we must advert to the effects that are produced by heat on the principal constituents of flesh. When finely-chopped mutton or beef is steeped for some time in a small quantity of clean water, and then subjected to slight pressure, the juice of the meat is extracted, and there is left a white tasteless residue, consisting chiefly of muscular fibres. When this residue is heated to between 158° and 177° Fahrenheit, the fibres shrink together, and become hard and horny. The influence of an elevated temperature on the soluble extract of flesh is not less remarkable. When the watery infusion, which contains all the savoury constituents of the meat, is gradually heated, it soon becomes turbid; and, when the temperature reaches 133°, flakes of whitish matter separate. These flakes are *albumen*, a substance precisely similar, in all its properties, to the white of egg. When the temperature of the watery

extract is raised to 158°, the colouring matter of the blood coagulates, and the liquid, which was originally tinged red by this substance, is left perfectly clear, and almost colourless. When evaporated, even at a gentle heat, this residual liquid gradually becomes brown, and acquires the flavour of roast meat.

These interesting facts, discovered in the laboratory, throw a flood of light upon the mysteries of the kitchen. The fibres of meat are surrounded by a liquid which contains albumen in its soluble state, just as it exists in the unboiled egg. During the operation of boiling or roasting, this substance coagulates, and thereby prevents the contraction and hardening of the fibres. The tenderness of well-cooked meat is consequently proportioned to the amount of albumen deposited in its substance. Meat is underdone when it has been heated throughout only to the temperature of coagulating albumen; it is thoroughly done when it has been heated through its whole mass to the temperature at which the colouring matter of the blood coagulates; it is overdone when the heat has been continued long enough to harden the fibres.

The juice of flesh is water, holding in solution many substances besides albumen, which are of the highest possible value as articles of food. In preparing meat for the table, great care should be taken to prevent the escape of this precious juice, as the succulence and sapidity of the meat depend on its retention. The meat to be cooked should be exposed at first to a quick heat, which immediately coagulates the albumen on and near the surface. A kind of shell is thus formed, which effectually retains the whole of the juice within the meat.

During the operations of boiling, roasting, and baking, 4 lb. of fresh beef and mutton, when moderately fat, lose, according to Johnston, on an average about—

	In boiling.	In baking.	In roasting.
Beef	1 lb.	1 lb. 3 oz.	1 lb. 5 oz.
Mutton...	14 oz.	1 lb. 4 oz.	1 lb. 6 oz.

Baking. —The difference between roasting meat and baking it may be generally described as consisting in the fact, that, in baking it, the fumes caused by the operation are not carried off in the same way as occurs in roasting. Much, however, of this disadvantage is obviated by the improved construction of modern ovens, and of especially those in connection with the Leamington kitchener. With meat baked in the generality of ovens, however, which do not possess ventilators on the principle of that kitchener, there is undoubtedly a peculiar taste, which does not at all equal the flavour developed by roasting meat. The chemistry of baking may be said to be the same as that described in roasting.

Should the oven be very brisk, it will be found necessary to cover the joint with a piece of white paper, to prevent the meat from being scorched and blackened outside, before the heat can penetrate to the inside. This paper should be removed half an hour before the time of serving dinner, so that the joint may take a good colour.

By means of a jar, many dishes, which are enumerated under their special heads in "The Dictionary of Cookery," may be economically prepared in the oven. The principal of these are soup, gravies, jugged-hare, beef-tea; and this mode of cooking may be advantageously adopted with a ham, which has previously been covered with a common crust of flour and water.

All dishes prepared for baking should be more highly seasoned than when intended to be roasted. There are some dishes which, it may be said, are at least equally well cooked in the oven as by the roaster; thus, a shoulder of mutton and baked potatoes, a fillet or breast of veal, a sucking-pig, a hare, well basted, will be received by connoisseurs as well when baked as if they had been roasted. Indeed, the baker's oven, or the family oven, may often, as has been said, be substituted for the cook and the spit, with great economy and convenience.

A baking-dish should not be less than six or seven inches deep; so that the

meat, which of course cannot be basted, can stew in its own juices.

Boiling.—Boiling, or the preparation of meat by hot water, though one of the easiest processes in cookery, requires skilful management. Boiled meat should be tender, savoury, and full of its own juice, or natural gravy; but, through the carelessness and ignorance of cooks, it is too often sent to table hard, tasteless, and innutritious. To insure a successful result in boiling flesh, the heat of the fire must be judiciously regulated, the proper quantity of water must be kept up in the pot, and the scum which rises to the surface must be carefully removed.

Many writers on cookery assert that the meat to be boiled should be put into *cold water*, and that the pot should be heated gradually; but Liebig, the highest authority on all matters connected with the chemistry of food, has shown that meat so treated loses some of its most nutritious constituents. "If the flesh," says the great chemist, "be introduced into the boiler when the water is in a state of brisk ebullition, and if the boiling be kept up for a few minutes, and the pot then placed in a warm place, so that the temperature of the water is kept at 158° to 165°, we have the united conditions for giving to the flesh the qualities which best fit it for being eaten." When a piece of meat is plunged into boiling water, the albumen which is near the surface immediately coagulates, forming an envelope, which prevents the escape of the internal juice, and most effectually excludes the water, which, by mixing with this juice, would render the meat insipid. Meat treated thus is juicy and well-flavoured when cooked, as it retains most of its savoury constituents. On the other hand, if the piece of meat be set on the fire with cold water, and this slowly heated to boiling, the flesh undergoes a loss of soluble and nutritious substances, while, as a matter of course, the soup becomes richer in these matters. The albumen is gradually dissolved from the surface to the centre; the fibre loses, more or less, its quality of shortness or tenderness, and becomes hard and tough: the thinner the piece of meat is, the greater is its loss of savoury constituents. In order to obtain well-flavoured and eatable meat, we must relinquish the idea of making good soup from it, as that mode of boiling which yields the best soup, gives the driest, toughest, and most vapid meat. Slow boiling whitens the meat, and we suspect that it is on this account that it is in such favour with the cooks. The wholesomeness of food is, however, a matter of much greater moment than the appearance it presents on the table. It should be borne in mind, that the whiteness of meat that has been boiled slowly, is produced by the loss of some important alimentary properties.

The objections we have raised to the practice of putting meat on the fire in cold water, apply with equal force to the practice of soaking meat before cooking it, which is so strongly recommended by some cooks. Fresh meat ought never to be soaked, as all its most nutritive constituents are soluble in water. Soaking, however, is an operation that cannot be entirely dispensed with in the preparation of animal food. Salted and dried meats require to be soaked for some time in water before they are cooked.

For boiling meat, the softer the water is the better. When spring water is boiled, the chalk, which gives to it the quality of hardness, is precipitated. This chalk stains the meat, and communicates to it an unpleasant earthy taste. When nothing but hard water can be procured, it should be softened by boiling it for an hour or two before it is used for culinary purposes.

The fire must be watched with great attention during the operation of boiling, so that its heat may be properly regulated. As a rule, the pot should be kept in a simmering state; a result which cannot be attained without vigilance.

The temperature at which water boils, under usual circumstances, is 212° Fahr. Water does not become

hotter after it has begun to boil, however long or with whatever violence the boiling is continued. This fact is of great importance in cookery, and attention to it will save much fuel. Water made to boil in a gentle way by the application of a moderate heat, is just as hot as when it is made to boil on a strong fire with the greatest possible violence. When once water has been brought to the boiling point, the fire may be considerably reduced, as a very gentle heat will suffice to keep the water at its highest temperature.

The scum which rises to the surface of the pot during the operation of boiling must be carefully removed, otherwise it will attach itself to the meat, and thereby spoil its appearance. The cook must not neglect to skim during the whole process, though by far the greater part of the scum rises at first. The practice of wrapping meat in a cloth may be dispensed with if the skimming be skilfully managed. If the scum be removed as fast as it rises, the meat will be cooked clean and pure, and come out of the vessel in which it was boiled much more delicate and firm than when cooked in a cloth.

When taken from the pot, the meat must be wiped with a clean cloth, or, what will be found more convenient, a sponge previously dipped in water and wrung dry. The meat should not be allowed to stand a moment longer than necessary, as boiled meat, as well as roasted, cannot be eaten too hot.

The time allowed for the operation of boiling must be regulated according to the size and quality of the meat. As a general rule, twenty minutes, reckoning from the moment when the boiling commences, may be allowed for every pound of meat. All the best authorities, however, agree in this, that the longer the boiling the more perfect the operation.

A few observations on the nutritive value of salted meat may be properly introduced in this place. Every housewife knows that dry salt in contact with fresh meat gradually becomes fluid brine. The application of salt causes the fibres of the meat to contract, and the juice to flow out from its pores: as much as one-third of the juice of the meat is often forced out in this manner. Now, as this juice is pure extract of meat, containing albumen, osmazome, and other valuable principles, it follows that meat which has been preserved by the action of salt can never have the nutritive properties of fresh meat.

The vessels used for boiling should be made of cast iron, well tinned within, and provided with closely-fitting lids. They must be kept scrupulously clean, otherwise they will render the meat cooked in them unsightly and unwholesome. Copper pans, if used at all, should be reserved for operations that are performed with rapidity; as, by long contact with copper, food may become dangerously contaminated. The kettle in which a joint is dressed should be large enough to allow room for a good supply of water; if the meat be cramped and be surrounded with but little water, it will be stewed, not boiled.

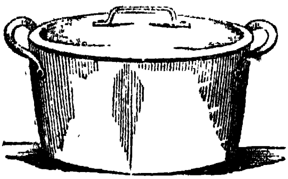
In stewing, it is not requisite to have so great a heat as in boiling. A gentle simmering in a small quantity of water, so that the meat is stewed almost in its own juices, is all that is necessary. It is a method much used on the continent, and is wholesome and economical.

The hot-plate is a modern improvement on the old kitchen ranges, being used for boiling and stewing. It is a plate of cast iron, having a closed fire burning beneath it, by which it is thoroughly well heated. On this plate are set the various saucepans, stewpans, &c.; and, by this convenient and economical method, a number of dishes may be prepared at one time. The culinary processes of braising and stewing are, in this manner, rendered more gradual, and consequently the substance acted on becomes more tender, and the gravy is not so much reduced.

Broiling.—Generally speaking, small dishes only are prepared by this mode of cooking; amongst these, the beefsteak and mutton chop of the solitary

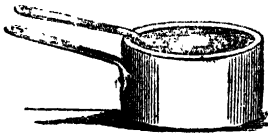
Cooking.

English diner may be mentioned as celebrated all the world over. Our beef-steak, indeed, has long crossed the Channel; and, with a view of pleasing the Britons, there is in every *carte* at every French restaurant, by the side of *à la Marengo* and *à la Mayonnaise*,—*biftek d'Angleterre*. In order to succeed



Boiling-Pot.

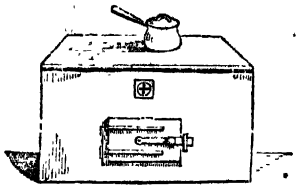
in a broil, the cook must have a bright, clear fire; so that the surface of the meat may be quickly heated. The result of this is the same as that obtained in roasting; namely, that a crust, so to speak, is formed outside, and thus the juices of the meat are retained The appetite of an invalid, so difficult to minister to, is often pleased with a broiled dish, as the flavour and sapidity of the meat are so well preserved.



Stewpan.

Two useful culinary vessels are represented above. One is a boiling pot, in which large joints may be boiled the other is a stewpan, with a closely-fitting lid, to which is attached a long handle; so that the cover can be removed without scalding the fingers.

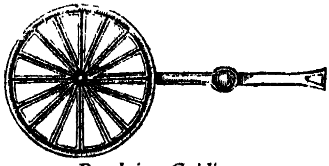
The utensils used for broiling need but little description. The common gridiron is the same as it has been for ages past, although some little variety has been introduced into its manufacture, by the addition of grooves to the bars, by means of which the liquid fat is carried into a small trough. One point it is well to bear in mind, viz., that the gridiron should be kept in a direction slanting towards the cook, so that as little fat as possible may fall into the fire. It has been observed, that broiling is the most difficult manual office the general cook has to perform, and one that requires the most unremitting attention; for she may turn her back upon the stewpan or the spit, but



Hot-Plate.

the gridiron can never be left with impunity. The revolving gridiron, shown in the engraving, possesses some advantages of convenience, which will be at once apparent.

Frying.—This very favourite mode of cooking may be accurately described as boiling in fat or oil. Substances dressed in this way are generally well received, for they introduce an agreeable variety, possessing, as they do, a peculiar flavour. By means of frying, cooks can soon satisfy many requisitions made on them, it being a very expeditious mode of preparing dishes for



Revolving Gridiron.

the table, and one which can be employed when the fire is not sufficiently large for the purposes of roasting and boiling. The great point to be borne in mind in frying, is that the liquid must be hot enough to act instantaneously, as all the merit of this culinary operation lies in the invasion of the boiling liquid, which carbonizes or burns, at the very instant of the immersion of the body placed in it. It may be ascertained if the fat is heated

Cooking.

to the proper degree, by cutting a piece of bread and dipping it in the frying-pan for five or six seconds; and if it be firm and of a dark brown when taken out, put in immediately what you wish to prepare; if it be not, let the fat be heated until of the right temperature. This having been effected, moderate the fire, so that the action may not be too hurried, for by a continuous heat the juices of the substance may be preserved, and its flavour enhanced.



Sauté Pan.

The philosophy of frying consists in this, that liquids subjected to the action of fire do not all receive the same quantity of heat. Being differently constituted in their nature, they possess different "capacities for caloric." Thus, you may, with impunity, dip your finger in boiling spirits of wine; you would take it very quickly from boiling brandy, yet more rapidly from water; whilst the effects of the most rapid immersion in boiling oil need not be told. As a consequence of this, heated fluids act differently on the sapid bodies presented to them. Those put in water dissolve, and are reduced to a soft mass; the result being *bouillon*, stock, &c. Those substances, on the contrary, treated with oil, harden, assume a more or less deep colour, and are finally carbonized. The reason of these different results is, that, in the first instance, water dissolves and extracts the interior juices of the alimentary substances placed in it; whilst, in the second, the juices are preserved; for they are insoluble in oil.

It is to be especially remembered, in connection with frying, that all dishes fried in fat should be placed before the fire on a piece of blotting-paper, or sieve reversed, and there left for a few minutes, so that any superfluous greasy moisture may be removed.

The utensils used for the purposes of frying are confined to frying-pans, although these are of various sizes; and, for small and delicate dishes, such as collops, fritters, pancakes, &c., the *sauté* pan, of which we give an engraving, is used.

Cooking by Gas.—Gas-cooking can scarcely now be considered a novelty; many establishments, both small and large, have been fitted with apparatus for cooking by this mode, which undoubtedly exhibits some advantages. Thus the heat may be more regularly supplied to the substance cooking, and



Gas-Stove.

the operation is essentially a clean one, because there can be no cinders or other dirt to be provided for. Some labour and attention necessary, too, with a coal fire or close stove, may be saved; and, besides this, it may, perhaps, be said that culinary operations are reduced, by this means, to something like a certainty.

There are, however, we think, many objections to this mode of cooking, more especially when applied to small domestic establishments. For instance, the ingenious machinery necessary for carrying it out, requires cooks perfectly conversant with its use; and if the gas,

Cooking.

when the cooking operations are finished, be not turned off, there will be a large increase in the cost of cooking, instead of the economy which it has been supposed to bring. For large establishments, such as some of the immense London warehouses, where a large number of young men have to be catered for daily, it may be well adapted, as it is just possible that a slight increase in the supply of gas necessary for a couple of joints may serve equally to cook a dozen dishes.

Roasting.—Of the various methods of preparing meat, roasting is that which most effectually preserves its nutritive qualities. Meat is roasted by being exposed to the direct influence of the fire. This is done by placing the meat before an open gate, and keeping it in motion to prevent the scorching on any particular part. When meat is properly roasted, the outer layer of its albumen is coagulated, and thus presents a barrier to the exit of the juice. In roasting meat, the heat must be strongest at first, and it should then be much reduced. To have a good juicy roast, therefore, the fire must be red and vigorous at the very commencement of the operation. In the most careful roasting, some of the juice is squeezed out of the meat; this evaporates on the surface of the meat, and gives it a dark brown colour, a rich lustre, and a strong aromatic taste. Besides these effects on the albumen and the expelled juice, roasting converts the cellular tissue of the meat into gelatine, and melts the fat out of the fat-cells.

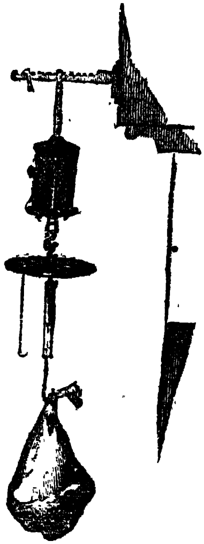
If a spit is used to support the meat before the fire, it should be kept quite bright. Sand and water ought to be used to scour it with, for brickdust and oil may give a disagreeable taste to the meat. When well scoured, it must be wiped quite dry with a clean cloth; and, in spitting the meat, the prime parts should be left untouched, so as to avoid any great escape of its juices.

Kitchens in large establishments are usually fitted with what are termed "smoke-jacks." By means of these, several spits, if required, may be turned

Cooking.

at the same time. This not being, of course, necessary in smaller establishments, a roasting apparatus, more economical in its consumption of coal, is more frequently in use.

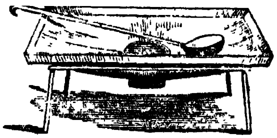
The bottle-jack, of which we here give an illustration, with the wheel and hook, and showing the precise manner



Bottle-Jack, with Wheel and Hook.

of using it, is now commonly found in many kitchens. This consists of a spring inclosed in a brass cylinder, and requires winding up before it is used, and sometimes, also, during the operation of roasting. The joint is fixed to an iron hook, which is suspended by a chain connected with a wheel, and which, in its turn, is connected with the bottle-jack. Beneath it stands the dripping-pan, which we have also engraved, together with the basting-ladle, the use of which latter should not be spared; as there can be no good roast without good basting. "Spare the rod, and spoil the child," might easily be paraphrased into "Spare the basting, and spoil the meat." If the

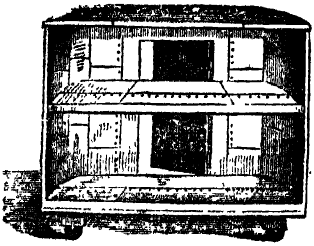
joint is small and light, and so turns unsteadily, this may be remedied by fixing to the wheel one of the kitchen weights. Sometimes this jack is fixed inside a screen; but there is this objection to this apparatus, that the meat cooked in it resembles the flavour of baked meat. This is derived from its being so completely surrounded with the tin, that no sufficient current of air



Dripping-Pan and Basting-Ladle.

gets to it. It will be found preferable to make use of a common meat-screen, such as is shown in the woodcut. This contains shelves for warming plates and dishes; and with this, the reflection not being so powerful, and more air being admitted to the joint, the roast may be very excellently cooked.

In stirring the fire, or putting fresh coals on it, the dripping-pan should always be drawn back, so that there may be no danger of coal, cinders, or ashes falling down into it.



Meat-Screen.

In Mrs. Beeton's "Dictionary of Cookery," under each particular recipe there is stated the time required for cooking each joint; but, as a general rule, it may be here given, that for every pound of meat, in ordinary sized joints, a quarter of an hour may be allotted.

White meats, and the meat of young animals, require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork, and lamb should be thoroughly done to the centre.

Mutton and beef, on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be dressed to the point, that, in carving them, the gravy should just run, but not too freely. Of course in this, as in most other dishes, the tastes of individuals vary; and there are many who cannot partake, with satisfaction, of any joint unless it is what others would call overdressed.

COOKS AND KITCHEN-MAIDS, USEFUL HINTS TO.

1. Cleanliness is the most essential ingredient in the art of cooking; a dirty kitchen being a disgrace both to mistress and maid.

2. Be clean in your person, paying particular attention to the hands, which should always be clean.

3. Do not go about slipshod. Provide yourself with good well-fitting boots. You will find them less fatiguing in a warm kitchen than loose untidy slippers.

4. Provide yourself with at least a dozen good-sized serviceable cooking aprons, made with bibs. These will save your gowns, and keep you neat and clean. Have them made large enough round so as to nearly meet behind.

5. When you are in the midst of cooking operations, dress suitably. In the kitchen, for instance, the modern crinoline is absurd, dangerous, out of place, and extravagant. It is extravagant because the dress is, through being brought near the fire, very liable to get scorched, and when once scorched, soon rots and wears into holes.

6. Never waste or throw away anything that can be turned to account. In warm weather, soups and gravies that have been left from the previous day should be boiled up and poured into clean vessels.

Cooks and Kitchen-maids.

7. Every morning visit your larder, change dishes and plates when necessary, empty and wipe out the bread-pan, and have all neat before your mistress comes to order dinner. Twice a week the larder should be scrubbed out.

8. If you have a spare kitchen cupboard, keep your baked pastry in it. This will preserve it crisp and prevent it becoming heavy, which it is sure to do in the larder.

9. In cooking, clear as you go on, that is, do not allow a host of basins, plates, spoons, and other utensils to accumulate on the dressers. By a little management and forethought much confusion may be saved. It is as easy to put a thing in its place when it is done with as to keep continually moving it in order to find room for fresh requisites. For instance, after making a pudding, the flour-tub, paste-board and rolling-pin, and any basins, spoons, &c., should be taken to the scullery and neatly packed up near the sink, to be washed when the proper time arrives.

10. Never let your stock of spices, salt, seasoning, herbs, &c., dwindle down so low, that some day, in the midst of preparing dinner, you find you have not got some important ingredient.

11. If you live in the country, have the vegetables gathered at an early hour, so that there may be ample time to prepare them. All greens should be allowed to soak in water with salt in it for some time before they are used for boiling. This will effectually clear away caterpillars.

12. Wash all vegetables free from grit.

13. When you have done peeling onions, wash the knife at once, and put it away to be cleaned, and do not use it for anything else until it has been cleaned. Nothing is nastier or more indicative of a slovenly and untidy cook, than to use an oniony knife in the preparation of any dish where the flavour of the onion is a disagreeable surprise.

14. After you have washed your saucepans, fish-kettle, &c., stand them before the fire for a few minutes, to get thoroughly dry inside, before putting them away. They should then be kept in a dry place, in order that they may escape the deteriorating influence of rust, and thereby be quickly destroyed. Never leave saucepans dirty from one day's use to be cleaned the next: it is slovenly and untidy.

15. Empty soups or gravies into a basin as soon as they are done; never allow them to remain all night in the stock-pot.

16. In copper utensils, if the tin has worn off, have it immediately replaced.

17. Pudding-cloths and jelly-bags should have your immediate attention after being used; the former should be well washed, scalded, and hung up to dry. Let them be perfectly aired before being folded up and put in the drawer, or they will have a disagreeable smell when next wanted.

18. After washing up your dishes, wash your dish-tubs with a little soap-and-water and soda, and scrub them often. Wring the dish-cloth, after washing this also, and wipe the tubs out. Stand them up to dry after this operation. The sink-brush and sink must not be neglected. Do not throw anything but water down the sink, as the pipe is liable to get choked, thereby causing expense and annoyance to your mistress.

19. Do not be afraid of hot water in washing up dishes and dirty cooking-utensils. As these are essentially greasy, lukewarm water cannot possibly have the effect of cleansing them effectually. Do not be chary also of changing and renewing the water occasionally. You will thus save yourself much time and labour in the long run.

20. Clean your coppers with turpentine and fine brick-dust, rubbed on with flannel, and polish them with a leather and a little dry brick-dust.

21. Clean your tins with soap and whiting, rubbed on with a flannel, wipe them with a clean dry soft cloth, and polish with a dry leather and

powdered whiting. Mind that neither the cloth nor leather is greasy.

22. Do not scrub the inside of your frying-pan, as, after this operation, any preparation fried is liable to catch or burn in the pan. If the pan has become black inside, rub it with a hard crust of bread, and wash it in hot water mixed with a little soda.

23. Punctuality is an indispensable quality in a cook; therefore, if the kitchen be not provided with a clock, beg your mistress to purchase one. There can be no excuse for dinner being half an hour behind time.

24. If you have a large dinner to prepare, much may be got ready the day before, and many dishes are a great deal better for being thus made early. To soups and gravies, this remark is particularly applicable. Ask your mistress for the bill of fare the day before, and see immediately what you can commence upon.

To all these directions the cook should pay great attention; nor should they, by any means, be neglected by the *Mistress of the Household*, who ought to remember that cleanliness in the kitchen gives health and happiness to home, whilst economy will immeasurably assist in preserving them.

COOLING DRINK, Useful in Cases of Fever when Thirst is Excessive.

Ingredients: 3 drachms of cream of tartar, the rind of one lemon, 1 quart of boiling water, a leaf or two of angelica, sugar if desired. *Mode:* Put all the ingredients into a common china teapot, pour the water boiling hot over them, and let all stand till cold. A wineglassful, or half that quantity, may be given at a time.

COPAL VARNISH.

Pound the copal to a coarse powder, and pour upon it spirits of turpentine, with camphor added to the amount of ⅛ oz. to the pint; rub them together frequently for some hours, then pour off the liquid for use.

COPPER.

The preparations of this metal which are most likely to produce poisonous symptoms are *blue-stone* and *verdigris.* People are often taken ill after eating food that has been cooked in copper saucepans. When anything has been cooked in one of these vessels, *it should never be allowed to cool in it.* —*Symptoms*: Headache, pain in the stomach, and purging; vomiting of green or blue matters, convulsions, and spasms.—*Treatment:* Give whites of eggs, sugar-and-water, castor-oil, and drinks, such as arrowroot and gruel.

COPPER AND BRASS, TO POLISH.

Mix well together in a bottle ½ pint of sweet oil, 1½ oz. of rotten-stone, and ½ oz. of oxalic acid. Rub the articles well with a flannel wetted with this mixture; then polish them well with dry rotten-stone and a soft leather.

COPPER COOKING-VESSELS.

The greatest care and cleanliness are required in the use of copper vessels for cooking. Very many articles prepared in them have an injurious effect by being long in contact with copper. Soup and stews become poisonous to such an extent as to cause the loss of life if they are suffered to stand and cool in copper vessels. There are, unfortunately, several fatal cases on record which prove the truth of this. Copper vessels, to be safe, should be in daily use, and well dried before they are put away; for the slightest damp in a very short time gives rise to the poisonous rust called verdigris.

COPYING INK.

Good copying ink may be made by adding 1 oz. of moist sugar to every pint of common ink.

COPYING PAPER.

Mix together equal parts of Canada balsam and turpentine; take a quire of clean white paper of large size, and with a brush cover each sheet separately

with the mixture, and hang them up to dry on a line. If the paper be not clear enough, the process may be repeated.

CORNS.

Corns are usually limited to the feet. Their cause is either pressure or friction, or both combined. Whenever a portion of the skin is subjected to long-continued and unequal pressure, the papillæ of the sensitive skin are stimulated, and grow to an unusual size. Associated with this increase of growth of the papillæ, is the increased thickness of the scarf-skin, and this latter being the outward and perceptible effect, is denominated a "corn." The end to be gained in cutting a corn is to take off the pressure of the shoe from the tender papillæ of the sensitive skin; and to effect this object, the summit of the corn must be cut in such a manner as to excavate it, the edges being left to act as a bolster, and still further protect the central part, where the longest and consequently the most sensitive papillæ are found. The professional chiropodist effects this object very adroitly; he generally works around the centre, and takes out the fibrous portion in a single piece. He digs, as he says, for the root. There is another way of disposing of a corn:—Have some common sticking-plaster spread on buff leather; cut a piece sufficiently large to cover the corn and skin around, and have a hole punched in the middle of exactly the size of the summit of the corn. Now take some common soda of the oil-shops, and make it into a paste, with about half its bulk of soap; fill the hole in the plaster with the paste, and cover it up with a piece of sticking-plaster. Let this be done at bedtime, and in the morning remove the plaster, and wash the corn with warm water. If this operation be repeated every second, third, or fourth day for a short time, the corn will be removed. The only precaution required is to avoid causing pain; and so long as any tenderness occasioned by the remedy lasts, it must not be repeated. When the corn is reduced within reasonable bounds by either of the above modes, or when it is only threatening, and has not yet risen to the height of being a sore annoyance, the best of all remedies is a piece of soft buff leather, spread with soap-plaster, and pierced in the centre with a hole exactly the size of the summit of the corn. If it can be procured, a better substance still for spreading the plaster upon is "amadou," or "German tinder."

CORNS, PLASTER FOR.

Ingredients: ¼ lb. of yellow wax, ¾ oz. of Burgundy pitch, 1 oz. of turpentine, ½ oz. of powdered verdigris. Mix these over the fire; spread the composition upon linen or leather, and when cold cut off the plasters the size required.

CORNS, REMEDIES FOR.

Soak the feet night and morning in salt-and-water, and rub the corns with carbonate of magnesia; or apply to the corns night and morning a plaster made of fresh young ivy-leaves soaked in vinegar; or make a paste of sweet oil and unslaked lime, powdered very fine, and apply it on a piece of linen as a poultice to the corns every night, washing it off in the morning. Corns may have the pressure taken off them and be much eased by the use of amadou corn-plasters. When corns occur between the toes, they are generally very painful and difficult to cure. Any of the above remedies may be applied to them, or they may be rubbed with oil and hartshorn, and be kept from pressure by a piece of cotton-wool. Soft corns should be wetted frequently with lemon-juice, or well rubbed with old tallow.

Another.—Scrape very fine some common chalk, put a pinch of the powder on each corn at night, binding it on with a piece of rag; repeat this for a few nights, and the corns will rub off in scales.

Another.—Soak the feet well in hot water before going to bed; pare down the corns carefully, and rub them with a little lunar caustic just moistened till

they become grey. In the morning the parts will be black, and after a time the corns will peel off. Be careful not to stain the sheets with the caustic.

CORN SOLVENT (Sir Humphrey Davy's Recipe).

Ingredients: 2 parts potash, 1 part salt of sorrel.—*Mode:* Mix these in a fine powder; cover the corns with some of the powder for four successive nights, binding it on with rag.

CORNS, SOFT.

Soft corns generally occur between the toes, and are produced in the same manner as common corns; but, in consequence of the moisture existing in this situation, the thickened scarf-skin becomes saturated, and remains permanently soft. The soft corn is best relieved by cutting away the thick skin with a pair of scissors, avoiding to wound the flesh; then touch the corn with a drop of Friar's balsam, and wear habitually a piece of cotton-wool between the toes, changing the cotton daily. Caustic, as an application for the cure of corns, is a remedy which should be used with great caution, and would be better left altogether in the hands of the medical man.

CORROSIVE SUBLIMATE, POISONING BY.

Corrosive sublimate is mostly seen in the form of little heavy crystalline masses, which melt in water and have a metallic taste. It is sometimes seen in powder, and is a most powerful poison.—*Symptoms:* These mostly come on *immediately* after the poison has been taken. There is a coppery taste experienced in the act of swallowing, with a burning heat, extending from the top of the throat down to the stomach; and also a feeling of great tightness round the throat. In a few minutes great pain is felt over the region of the stomach, and frequent vomiting of long, stringy white masses, mixed with blood, takes place. There is also mostly great purging. The countenance is generally pale and anxious; the pulse always small and frequent; the skin cold and clammy, and the breathing difficult. Convulsions and insensibility often occur, and are very bad symptoms indeed. The inside of the mouth is more or less swollen.—*Treatment:* Mix the whites of a dozen eggs in two pints of cold water, and give a glassful of the mixture every three or four minutes, until the stomach can contain no more. If vomiting does not now come on naturally, and supposing the mouth is not very sore or much swollen, an emetic draught may be given, and vomiting induced. The draught is thus made:—Twenty grains of sulphate of zinc in an ounce and a half of water; the draught to be repeated if vomiting does not take place in a quarter of an hour. After the stomach has been well cleaned out, milk, flour-and-water, linseed-tea, or barley-water, should be taken in large quantities. If eggs cannot be obtained, milk, or flour-and-water, should be given as a substitute for them at once. When the depression of strength is very great indeed, a little warm brandy-and-water must be given. In the course of an hour or two the patient should take two tablespoonfuls of castor-oil, and if inflammation comes on, it is to be treated as directed in the article on acids and alkalis. The diet should also be the same. If the patient recovers, great soreness of the gums is almost certain to take place. The simplest, and at the same time one of the best modes of treatment, is to wash them well three or four times a day with brandy-and-water.

COSMETICS.

We can hardly let this subject pass without saying a word or two upon it; but they must be words of caution and deprecation. Female beauty, in our opinion, needs no cosmetics, and that which is not in itself beautiful can never become so by the use of them. If our fair readers would just for one moment consider that the use of paint is certain to be detected, however exquisitely put

on, they would never commit themselves so far as to meddle with it. Nothing tends to create disgust so much as any attempt at deception, and few people are deceived long by paint. As soon as it becomes whispered about a beauty that she paints, all her natural charms are disregarded, the spell is broken and her fascination gone. Youth and health will always command a certain amount of admiration, and no art of the perfumer can restore these when lost. Cosmetics not only fail in themselves, but they are generally at the same time very injurious. If, as is too often the case, mineral and metallic substances form the bases of them, they cannot fail to be attended with harm to the skin, in the first instance, and afterwards to the general health. Vegetable preparations are the least injurious; but even these, if used at all, must be used with moderation. As white and red are the two colours most generally employed, we give the two following recipes as being, perhaps, more harmless than many others; while, at the same time, we record our most earnest hope that our fair readers may have the good sense to let well alone, and never to attempt the use of them. White cosmetic.—*Ingredients:* Briançon chalk, 1 pint of good distilled vinegar, clear water.—*Mode:* Pound the chalk and pass it through a sieve of fine silk into the vinegar; shake it several times a day for a fortnight; then let it settle, and pour off the vinegar. Fill the vessel with water, stirring it well with a wooden spoon several times, and when the chalk settles pour the water off. Repeat the process with the water several times, till the chalk becomes by the washing perfectly soft and white. It may then be dried and kept for use. The powder may be applied by means of a small piece of cotton touched with pomade to make it adhere to the skin. Red cosmetic.—*Ingredients:* 9 oz. of Pernambuco Brazil-wood, 3 pints of best white-wine vinegar, 4½ oz. of pounded alum.—*Mode:* Pound the wood almost to a pulp in a mortar; put it into a well-lined stewpan, with 1 quart of the vinegar, and let them boil for half an hour, the stewpan being closely covered. Strain it through linen, and after straining return the liquid to the stewpan. Meanwhile, dissolve the alum in 1 pint of vinegar. Then mix the two together in the stewpan over the fire, stirring them well and allowing them to simmer. A scum will now rise, which must be carefully taken off with a clean skimmer, drained, and placed on sheets of white paper to dry. The drying may be effected in a cool oven or hot-plate. When dry, this will be found a delicate rouge, which may be applied in the usual manner.

COSMETIC WASH FOR THE FACE.

Pound a lump of benzoin and put it into a decanter, which fill with spirits of wine 60 degrees above proof; as soon as the balsam is dissolved, add more, until the alcohol is fully saturated. A few drops of this tincture, in either pure water or rose-water, make an admirable cosmetic wash for the face.

COUGH BALSAM.

Tincture of tolu and compound tincture of benzoin, of each 1 oz.; rectified spirit, 2 oz. Mix. The dose is a teaspoonful.

COUGH, TO CURE A.

Mix treacle and vinegar in equal quantities in a small jar; set it with a cover over it near the fire, till it is dissolved, and take a teaspoonful three or four times a day.

COUGH LOZENGES.

Ingredients: 1 oz. of laudanum, 1½ oz. of syrup of tolu, 3½ oz. of liquorice, 2 oz. of powdered ipecacuanha, ½ oz. of oil of aniseed, 1 lb. of starch, 3 lb. of white-sugar syrup.—*Mode:* Mix thoroughly the above ingredients with sufficient syrup to make a stiff paste; pour it out smooth on a marble slab to dry, and while yet soft, cut it into shape with a lozenge-cutter.

COUGH MIXTURE.

The following recipes are all very good.—1. *Ingredients:* 96 parts of milk of almonds, 16 parts of syrup of tolu, 1 part of sal-volatile, 2 parts of ipecacuanha wine.—*Mode:* Mix all the ingredients thoroughly, and take, according to age, two teaspoonfuls or two tablespoonfuls three times a day.—2. *Ingredients:* 2 parts of paregoric, 1 part of syrup of tolu, 1 part ipecacuanha wine, 12 parts milk of almonds.—*Mode:* Mix well, and take for a dose the same proportions as in the above recipe.—3. *Ingredients:* 1 oz. of paregoric, 2 oz. of syrup of squills, 4 drachms of antimonial wine, 6 oz. of water.—*Mode:* Mix well, and take for a dose, according to age, one or two teaspoonfuls every half-hour, until the cough abates.—4. *Ingredients:* 1 large onion, very coarse brown sugar.—*Mode:* Cut the onion into slices in a deep basin; spread each slice over with a thick layer of brown sugar, and leave all for twenty-four hours. Pour off the syrup, and take a teaspoonful of it several times a day. This is a simple but valuable remedy.

COUGH, PLASTER FOR.

Ingredients: Castile soap, 1 oz.; lead plaster, 2 drachms; sal-ammoniac, finely powdered, ½ a drachm.—*Mode:* Melt soap and lead plaster together, and when the mixture is nearly cold, add the sal-ammoniac. This is to be spread on leather, and applied to the chest immediately after it is spread. It must be removed every twenty-four hours, otherwise the intention is lost. It is sometimes of much service in whooping-cough, asthmatic and consumptive coughs, &c.

COW-POX.

Properly speaking, this is an artificial disease, established in a healthy body as a prophylactic, or preventive agent, against the more serious attack of small-pox, and is merely that chain of slight febrile symptoms and local irritation consequent on the specific action of the lymph of the vaccination, in its action on the circulating system of the body. This is not the place to speak of the benefits conferred on mankind by the discovery of vaccination, not only as the preserver of the human features from a most loathsome disfigurement, but as a sanitary agent in the prolongation of life.

Fortunately the State has now made it imperative on all parents to have their children vaccinated before, or by the end of, the twelfth week; thus doing away, as far as possible, with the danger to public health proceeding from the ignorance or prejudice of those parents whose want of information on the subject makes them object to the employment of this specific preventive; for though vaccination has been proved *not* to be *always* an infallible guard against small-pox, the attack is always much lighter, should it occur, and is seldom, if indeed *ever*, fatal after the precaution of vaccination. The best time to vaccinate a child is after the sixth and before the twelfth week, if it is in perfect health, but still earlier if small-pox is prevalent, and any danger exists of the infant taking the disease. It is customary, and always advisable, to give the child a mild aperient powder one or two days before inserting the lymph in the arm; and should measles, scarlet fever, or any other disease arise during the progress of the pustule, the child, when recovered, should be *re-vaccinated*, and the lymph taken from its arm on no account used for vaccinating purposes.

The disease of cow-pox generally takes twenty days to complete its course; in other words, the maturity and declension of the pustule takes that time to fulfil its several changes. The mode of vaccination is either to insert the matter, or lymph, taken from a healthy child, under the cuticle in several places on both arms, or, which is still better, to make three slight scratches, or abrasions, with a lancet on one arm in this manner, „″„ and work into the irritated parts the lymph, allowing the arm to dry thoroughly before putting

down the infant's sleeve: by this means absorption is insured, and the unnecessary pain of several pustules on both arms avoided. No apparent change is observable by the eye for several days; indeed, not till the fourth, in many cases, is there any evidence of a vesicle; about the fifth day, however, a pink areola, or circle, is observed round one or all of the places, surrounding a small pearly vesicle or bladder. This goes on deepening in hue till the seventh or eighth day, when the vesicle is about an inch in diameter, with a depressed centre; on the ninth the edges are elevated, and the surrounding part hard and inflamed. The disease is now at its height, and the pustule should be opened, if not for the purpose of vaccinating other children, to allow the escape of the lymph, and subdue the inflammatory action. After the twelfth day the centre is covered by a brown scab, and the colour of the swelling becomes darker, gradually declining in hardness and colour till the twentieth, when the scab falls off, leaving a small pit, or cicatrix, to mark the seat of the disease, and for life prove a certificate of successful vaccination.

In some children the inflammation and swelling of the arm are excessive, and extremely painful, and the fever, about the ninth or tenth day, very high; the pustule therefore, at that time, should sometimes be opened, the arm fomented every two hours with a warm bread poultice, and an aperient powder given to the infant.

CRACKED HOOFS.

When horses' hoofs are inclined to crack, it is an evidence that the horn is not in a healthy state. The cause may be uncertain; very often it is the result of washing the legs and feet without drying them. To promote the growth of the horn and get rid of cracks, nothing is better than to anoint the top of the hoof, just round the coronet, with a salve made of equal parts of soft soap and tar. The cracks, as far as possible, should be kept cut, so as to present a smooth surface and prevent them from going any farther.

CRACKED LIPS.

Lips not unfrequently, especially in cold weather, crack so badly as to resist any of the usual lip-salves; and when this is the case, it may be desirable to touch the crack with a little oxide of zinc, which will frequently promote a cure. The oxide may be applied by means of a camel-hair brush.

CRAMP.

Take of water of ammonia, or of spirit of hartshorn, 1 oz.; olive-oil, 2 oz.; shake them together till they unite, and use as a liniment to rub well upon the affected part.

CRAMP IN HORSES.

This is a dangerous complaint in horses unless timely remedies be applied. It comes on very suddenly, and the pain is at times most intense. The general causes of cramp and spasms are drinking profusely of cold water while the horse is heated, exposure to cold, improper food, rank grass, &c. It is hardly possible to mistake the symptoms of it. The horse shows evident marks of uneasiness, shakes, lies down, and rolls about while the fit is on him. He then becomes quiet again, and will perhaps take food. As soon as the complaint is detected, no time should be lost in administering the following anti-spasmodic draught: Mix together 1½ oz. of laudanum, 3 oz. of turpentine, 1 pint of linseed-oil. If the symptoms do not abate shortly, apply hot fomentations to the belly and administer the following laxative ball:—6 drachms of Barbadoes aloes, 1 scruple of croton bean, 1 drachm of calomel. Take the horse off his corn; give him dry bran and cut hay, and keep him warm in a loose box.

CRAMP IN THE LEG

Is generally the result of acidity, and yields to a dose of soda. Those who suffer from it after dancing will find a bandage tied tight just over the knee useful in preventing an attack.

Another simple remedy for cramp in the leg is to stretch it out as much as

possible, elevating the heel and bending the toes backward towards the ankle.

CRAPE, TO RESTORE WHEN SPOTTED.

Black crape when wetted by rain is almost certain to spot. When this is the case, lay the crape—whether a veil or piece of trimming—on a table, and place a piece of old black silk underneath the stains; then dip a soft camel-hair brush in black ink, and carefully paint the stains over with it; gently wipe off with a piece of silk the superabundant ink, and the stains, as the places dry, will disappear.

CRAPE, TO MAKE OLD LOOK NEARLY EQUAL TO NEW.

Place a little water in a teakettle, and let it boil until there is plenty of steam from the spout; then, holding the crape in both hands, pass it to and fro several times through the steam, and it will be clean and look nearly equal to new.

CREAM, TO KEEP GOOD.

It is often very difficult to keep cream good. In the summer time especially, when perhaps it is most in request, this difficulty is mostly felt. Those who, for any emergency, like to take the trouble to try the following process, will have no reason to regret it. Take equal weights of good fresh cream and the finest white sugar; add a very little water to the sugar and dissolve it over a clear fire (this is best done in a water-bath); let it boil for two minutes (not any longer), then immediately add the cream, and stir them well into each other over the fire: they need not boil again. When cold, pour the cream so prepared into a bottle. If corked closely, and kept in a cool place, it will keep good for a long time—some persons say for months. In very hot weather, to keep cream even for twenty-four hours, it is necessary to scald it. If, however, a little sugar be stirred into it, it will keep for a much longer time, though not so long as when the above process is carried out.

CREOSOTE OINTMENT, useful for Ulcerated Places, and also for Chilblains.

Ingredients: 1½ oz. of hog's-lard, ¼ drachm of creosote.—*Mode:* Melt the lard in a pipkin, and stir in the creosote till cold.

CRIB-BITING.

This very injurious habit in some horses can only be corrected by keeping a leather strap buckled round the throat. The strap may be loosened at feeding-time.

CRICKETS, TO POISON.

Ingredients: 1 pint of oatmeal, 2 oz. of arsenic, aniseed, and caraway-seed. Make a paste of these ingredients, spread some of it on pieces of paper and place them in the crickets' haunts. Arsenic and honey mixed together and spread on paper will have the same effect.—2. Mix some roasted apples with a little powdered white arsenic; strew it where crickets frequent.

Great care is requisite in the use of these poisons. The following recipe is far safer.

CRICKETS, TO GET RID OF.

Sprinkle a little chloride of lime about their holes, or some strong Scotch snuff, and crickets will soon disappear.

CRIMSON DYE FOR SILK.

Silk may be dyed crimson by steeping it in a solution of alum, and then dyeing it in the usual way in a cochineal bath. The colours known by the names of cherry, rose, and flesh-colour, are given to silk by means of carthamite. The process consists merely in keeping the silk as long as it extracts any colour, and then well washing it in clear water.

CROUP.

This is by far the most formidable and fatal of all the diseases to which infancy and childhood are liable, and is purely an inflammatory affection,

attacking that portion of the mucous membrane lining the windpipe and bronchial tubes, and from the effect of which a false or loose membrane is formed along the windpipe, resembling in appearance the finger of a glove suspended in the passage, and consequently, terminating the life of the patient by suffocation; for, as the lower end grows together and becomes closed, no air can enter the lungs, and the child dies choked. All dull, fat, and heavy children are peculiarly predisposed to this disease, and those with short necks and who make a wheezing noise in their natural breathing. Croup is always sudden in its attack, and rapid in its career, usually proving fatal within three days; it most frequently commences in the night, and generally attacks children between the ages of three and ten years. Mothers should, therefore, be on their guard who have children predisposed to this disease, and immediately resort to the means hereafter advised.

Symptoms.—Languor and restlessness, hoarseness, wheezing, and short, dry cough, with occasional rattling in the throat during sleep, the child often plucking at its throat with its fingers; difficulty of breathing, which quickly becomes hard and laboured, causing great anxiety of the countenance, and the veins of the neck to swell and become knotted; the voice in speaking acquires a sharp, crowing, or croupy sound, while the inspirations have a harsh, metallic intonation. After a few hours, a quantity of thick ropy mucus is thrown out, hanging about the mouth, and causing suffocating fits of coughing to expel it.

Treatment.—Place the child immediately in a hot bath up to the throat; and, on removal from the water, give an emetic of the antimonial or ipecacuanha wine, and when the vomiting has subsided, lay a long blister down the front of the throat, and administer one of the following powders every twenty minutes to a child from three to six years of age.

Take of calomel 12 gr., tartar emetic 2 gr., lump sugar 30 gr. Mix accurately, and divide into twelve powders. For a child from six to twelve years, divide into six powders, and give one every half-hour.

Should the symptoms remain unabated after a few hours, apply one or two leeches to the throat, and put mustard poultices to the feet and thighs, retaining them about eight minutes; and, in extreme cases, a mustard poultice to the spine between the shoulders, and at the same time rub mercurial ointment into the armpits and the angles of the jaws.

Such is a vigorous and reliable system of treatment in severe cases of croup; but, in the milder and more general form, the following abridgment will, in all probability, be all that will be required: first the hot bath; second, the emetic; third, a mustard plaster round the throat for five minutes; fourth, the powders; fifth, another emetic in six hours, if needed, and the powders continued without intermission while the urgency of the symptoms continues. When relief has been obtained, these are to be discontinued, and a dose of senna tea given to act on the bowels.

Croup, as we have remarked, is one of the most dangerous complaints to which young children are liable—many pass through life without it; but those who have been once attacked by it are generally subject to a recurrence. It seldom attacks those who are over twelve or thirteen years of age. Everything depends upon the prompt application of some good remedy. Send for the doctor at once; put the child in a warm bath up to the neck; and, if there is any delay in medical attendance, give the following powder: Saturated tartar of antimony 2 gr., calomel 1 gr., white sugar 10 gr. Mix the ingredients in a marble mortar.

CRYSTAL VARNISH.

Ingredients: Equal parts of pure Canada balsam and white spirits of turpentine.—*Mode.* Put these into a strong earthen jar, set the jar over a hot-plate; shake it occasionally. When dissolved,

let it settle for a day or two, and pour off the clear varnish for use.

CUCUMBERS.

All cucumbers are much improved by being placed with the stalk downward in a jug of cold water for some hours before using them. A large cucumber may, if kept in this way, be used in portions for two or three days. These useful vegetables may be kept for a much longer period, if many of them are cut when at their best, laid carefully in a box, and buried a foot deep in dry sand.

CURLING FLUID.

Ingredients: A piece of beeswax, about the size of a filbert, 1 oz. olive-oil, 1 or 2 drops of attar of roses.—*Mode:* Melt the beeswax, add it to the oil, and scent with the attar of roses. Use it for the hair as required.

CUT FLOWERS, TO PRESERVE.

Cut flowers may be kept fresh for a length of time by the introduction of a spoonful of powdered charcoal into the water contained in the vessel in which they are placed. Neither charcoal nor water will require renewal.

CUT FLOWERS, TO RESTORE.

Put the stalks into scalding-hot water, so as to cover about one-third of their length; let them stand in this till the water is cold, then cut off the moistened part of the stalk, and set the flowers again in cold water. They will soon, in this way, recover their freshness.

CUTS.

Draw the edges of the cut well together, and bind it up tight with linen rag. Soak the rag about the cut with Friar's balsam or diluted tincture of arnica, in the proportion of 1 part of arnica to 10 parts of water. Both these preparations are so useful that they should always be kept ready. In the case of a very bad cut, the edges may be drawn together with a needle and thread. It is useless to think of applying plaster till the bleeding has ceased.

CYDER. (*See* also **CIDER.**)

Though Devonshire and Herefordshire have the credit of being the cyder counties, still good cyder can be made in any place where there is a supply of apples and the use of a cyder-press. The following recipe for the making and management of cyder has been used in Norfolk by the writer for many years, and his cyder is pronounced by competent judges to be of the soundest and best quality ever drunk. When bottled it will keep for several years, and it is as bright and sparkling as champagne. In this county not many persons possess a cyder-press, as the quantity of apples grown would not cover the expense of it; but there are several places in which cyder-presses are to be met with in the hands of men who increase their small earnings by going round to the different villages in the autumn and pressing apples at so much a gallon for the juice extracted. The apples used for cyder should be a mixture of different sorts, among which the London pippin is reckoned as one of the best. It is not essential that the best and largest fruit should be used; small apples make the best cyder, as here the flavour of the peels and pips is stronger, and it is this which adds so much to the goodness of the cyder. The writer always uses 9-gallon casks, and he is very careful to have them in good order, and kept only for this purpose. Apples are generally in the best condition for cyder-making about the last week in November or the first week in December. At that time fill the casks with apple-juice fresh from the cyder-press, and provide an extra 1½-gallon of juice for every 9-gallon cask. Set the casks in a cool cellar and leave them to work, which they will do without any addition being made to the juice; for in two or three days a head of foam will be certain to appear at the bunghole. Encourage the working by filling up the casks every day from the extra juice, so that all impurity may

run over the sides of the cask and be got rid of. It is an excellent plan to work this spare juice in clean wine-bottles, exactly in the same way as the juice is being worked in the cask, that is, by filling up from one bottle to the others, so as to purify as much as possible the juice with which the cask is being filled up. Not one drop of juice should be wasted, as possibly all may be required before the cask is bunged down. This process of filling up must be continued for three or four weeks, until all fermentation has ceased, or nearly so. The next step is to run off all the liquid in each cask by means of a tap, into some large vessel that will contain it, carefully avoiding all shaking, and not mixing the bottom of the cask with the clear juice. Keep the bottom of the cask separate in a deep vessel to settle, in case it should be required for filling up the cask. Scald and dry the casks thoroughly, and put the juice back again, filling each cask quite full from the remainder of the extra juice, and from whatever clear juice there may be in the deep vessel into which the bottom was put to settle. Wait a day or two to see if fermentation returns, for if it does, the juice must be run off again and the casks a second time scalded out. If, however, as is generally the case, the casks remain tolerably quiet, after two or three days they may be bunged down closely and left till the spring. Great attention must be paid to the working, for it is upon this that the brightness and soundness of the cyder mainly depend. Any time between the 20th of March and the 20th of April is the best period for bottling cyder. Draw off all the juice you can very carefully, and without tilting the cask, into a large tub. Then tilt very gently and draw off the remainder into a vessel by itself. If it is quite clear, it may be mixed with the other; but if not, it had better be kept by itself. Sweeten the whole quantity with 7 lb. of the best lump sugar to the nine gallons. If the juice is rougher or stronger than usual, 1 lb. extra of sugar may be added to the above. When the sugar is well mixed, bottle the cyder in clean champagne bottles, which, if properly corked, need not be tied down. It is best kept standing up.

CYDER-CUP.

Ingredients: 1 bottle of cyder, ½ pint of sherry, 1 lemon, 1 lb. of loaf-sugar, grated nutmeg to taste, 1 glass of brandy, a sprig of borage, or a sprig of balm.—*Mode:* Rub off some of the rind of the lemon with lumps of sugar, and saturate all the sugar well with the clear lemon-juice; then pour on the sherry and the cyder, adding the nutmeg and stirring all well together. Just before using it, add a wineglass of brandy, and throw into the bowl a small sprig of borage or balm. If cyder-cup is iced, or a fine piece of broken ice be thrown into it, a nice summer drink will be made.

CYDER-CUP, EXCELLENT.

Ingredients: Sliced apples and lemons, powdered sugar, 1 glass of brandy, nutmeg, 1 bottle of cyder.—*Mode:* Fill the bottom of a deep jug with alternate layers of sliced apples and sliced lemons, sprinkling each layer with powdered sugar and nutmeg. When the jug is one-third full, pour on the cyder and the brandy; let it stand six hours, and strain it through a jelly-bag for immediate use. A good claret-cup may be made in the same way by using a bottle of claret instead of a bottle of cyder.

CYDER-PRESS.

The presses used in cyder-making are of various constructions. The Scotch press is described as a strong box, 3 feet square and 20 inches deep, perforated on each side with small gimlet-holes. The box is placed in a wooden frame, which projects 3 inches beyond the base of it, and in this frame a groove is cut 1½ inch wide and 1 inch deep, to receive the juice when pressed out of the box and convey it to the receiving-pail. The operation of pressing is performed in the following

manner:—The box is filled with layers of clean straw and mashed apples, in the proportion of one inch of the former to two of the latter. These layers are piled up a foot higher than the top of the box, and care must be taken in packing the box to keep the layers about an inch from the sides of it, so as to allow the juice to escape freely. From the weight of the layers a considerable quantity of juice will run off without artificial pressure, and this pressure must be applied very gradually and increased till no more juice can be taken from the pulp. A box of the above dimensions will take a pressure of about two tons weight to extract all the juice. By means of a compound lever, this amount of pressure may readily be obtained. The box must have a strong wooden cover that will work into the opening, and to this cover the lever must be applied; blocks of wood being added to the cover to allow the lever to act upon it after it has sunk into the box. This press is one of very easy construction, and the materials necessary for making it are always at hand. It is on this account that we have described it, not perhaps as being the best, but the most simple; for we prefer horsehair sieves, as used in the presses in Norfolk, to passing the juice through so much straw. As the juice cannot be too clear, it is a good plan to leave it for a few hours to settle before putting any into the casks.

DAIRY, THE.

The object with which private families keep cows is to procure milk unadulterated, and sweet butter; in order to obtain these, however, great cleanliness is required, and as visitors, as well as the mistress of the house, sometimes visit the dairy, some efforts are often made to render it ornamental and picturesque. The locality is usually fixed near to the house: it should neither be exposed to the fierce heat of the summer's sun nor to the equally unfavourable frosts of winter—it must be both sheltered and shaded. If it is a building apart from the house and other offices, the walls should be tolerably thick, and if hollow, the temperature will be more equable. The walls inside are best covered with Dutch glazed tiles; the flooring also of glazed tiles set in asphalt, to resist water; and the ceiling, lath and plaster, or closely-jointed woodwork, painted. The architecture of the dairy will be a matter of fancy: it should have a northern aspect, and a thatched roof is considered most suitable, from the shade and shelter it affords; it should contain at least two apartments, besides a cool place for storing away butter. One of the apartments, in which the milk is placed to deposit cream, or to ripen for churning, is usually surrounded by shelves of marble or slate, on which the milk-dishes rest; but it will be found a better plan to have a large square or round table of stone in the centre, with a water-tight ledge all round it, in which water may remain in hot weather, or, if some attempt at the picturesque is desired, a small fountain might occupy the centre, which would keep the apartment cool and fresh. Round this table the milk-dishes should be ranged; one shelf, or dresser, of slate or marble, being kept for the various requisites of the dairy-maid. This will be found a better plan than putting them on shelves and corners against the wall. There should be a funnel or ventilator in the ceiling, communicating with the open air, made to open and shut as required. Double windows are recommended, but of the lattice kind, so that they may open, and with wire-gauze blinds fitted into the opening, and calico blinds, which may be wetted when additional coolness is required. The other apartment will be used for churning, washing, and scrubbing—in fact, the scullery of the dairy, with a boiler for hot water, and a sink with cold water laid on, which should be plentiful and good. In some dairies a third apartment, or, at least, a cool airy pantry, is required for storing away butter, with shelves of marble or slate, to hold the cream-jars while it is ripening; and where cheeses are made, a

fourth becomes necessary. The dairy utensils are not numerous—*churns*, *milk-pails* for each cow, *hair sieves*, *slices of tin*, milk-pans, marble dishes for cream for family use, scales and weights, a portable rack for drying the utensils, *wooden bowls*, butter-moulds and butter-patters, and *wooden tubs* for washing the utensils, comprising pretty nearly everything.

Pails are made of maple-wood or elm, and hooped, or of tin, more or less ornamented. One is required for each cow.

The hair sieve is made of closely-twisted horse-hair, with a rim, through which the milk is strained to remove any hairs which may have dropped from the cow in milking.

Milk-dishes are shallow basins of glass, of glazed earthenware, or tin, about 16 inches in diameter at top and 12 at the bottom, and 5 or 6 inches deep, holding about 8 to 10 quarts each when full.

Churns are of all sorts and sizes, from that which churns 70 or 80 gallons by means of a strap from the engine, to the square box in which a pound of butter is made. The churn used for families is a square box, 18 inches by 12 or 13, and 17 deep, bevelled below to the plane of the *dashers*, with a loose lid or cover. The dasher consists of an axis of wood, to which the four beaters or fanners are attached: these fans are simply four pieces of elm strongly dovetailed together, forming an oblong square, with a space left open, two of the openings being left broader than the others; attached to an axle, they form an axis with four projecting blades; the axle fits into supports at the centre of the box; a handle is fitted to it, and the act of churning is done by turning the handle. The atmospheric churn, already described, is a recent and most valuable invention.

Such is the temple in which the dairy-maid presides: it should be removed both from stable and cowhouse, and larder; no animal smells should come near it, and the drainage should be perfect.

DAIRY-MAID, DUTIES OF THE.

The duties of the dairy-maid differ considerably in different districts. In Scotland, Wales, and some of the northern counties, women milk the cows. On some of the large dairy farms in other parts of England, the dairy-maid takes her share in the milking; but in private families the milking is generally performed by the cowkeeper, and the dairy-maid only receives the milk-pails from him morning and night, and empties and cleans them preparatory to the next milking; her duty being to supply the family with milk, cream, and butter, and other luxuries depending on the "milky mothers" of the herd.

When the dairy-maid receives the milk from the cowkeeper, each pail is strained through the hair sieve into one of the milk-basins. The milk is left in the basins from twenty-four to thirty-six hours in the summer, according to the weather; after which it is skimmed by means of the slicer, and the cream poured into glazed earthenware jarss to "turn" for churning. Some persons prefer making up a separate churning for the milk of each cow, and in this there is some advantage. In this case the basins of each cow, for two days, would either be kept together or labelled. As soon as emptied, the pails should be scalded, every particle of milk washed out, and then be placed away in a dry place till next required; all milk spilt on the floor, or on the table or dresser, must be cleaned up with a cloth and hot water. Where very great attention is paid to the dairy, the milk-coolers are used larger in winter, when it is desirable to retard the cooling-down and increase the creamy deposit, and smaller in summer, to hasten it; the temperature required being from 55° to 50°. In summer it is sometimes expedient, in very sultry weather, to keep the dairy fresh and cool by suspending cloths dipped in chloride of lime across the room.

In some dairies it is usual to churn twice, and in others three times a week;

the latter produces the best butter, the former the greatest quantity. With three cows, the produce should be twenty-seven to thirty quarts a day. The dairy-maid should churn every day when very hot, if they are in full milk, and every second day in more temperate weather; besides supplying the milk and cream required for a large establishment. The churning should always be done in the morning: the dairy-maid will find it advantageous in being at work on churning mornings by five o'clock. The operation occupies from twenty minutes to half an hour in summer, and considerably longer in winter. A steady uniform motion is necessary to produce sweet butter; neither too quick nor too slow. Rapid motion causes the cream to heave and swell, from too much air being forced into it; the result is a tedious churning, and soft, bad-coloured butter.

In spring and summer, when the cow has her natural food, no artificial colour is required; but in winter, under stall-feeding, the colour is white and tallowy. Some persons prefer a higher colour, and this is communicated by mixing a little finely-powdered arnotto with the cream before putting it into the churn; a still more natural and delicate colour is communicated by scraping a red carrot into a clean piece of linen cloth, dipping it into water, and squeezing it into the cream.

As soon as the butter comes, the milk is poured off, and the butter put into a shallow wooden tub or bowl, full of pure spring water, in which it is washed and kneaded, pouring off the water, and renewing it until it comes away perfectly free from milk. Imperfect washing is the frequent cause of bad butter, and in nothing is the skill of the dairy-maid tested more than in this process; moreover, it is one in which cleanliness of habits and person are most necessary. In this operation we want the aid of Phyllis's neat, soft, and perfectly clean hand; for no mechanical operation can so well squeeze out the sour particles of milk or curd.

The operations of churning and butter-making over, the butter-milk is disposed of: usually, in England, it goes to the pigs; but it is a very wholesome beverage when fresh, and some persons like it; the disposal, therefore, will rest with the mistress; the dairy-maid's duty is to get rid of it. She must then scald with boiling water and scrub out every utensil she has used; brush out the churn, clean out the cream-jars, which will probably require the use of a little common soda to purify; wipe all dry, and place them in a position where the sun can reach them for a short time to sweeten them.

In Devonshire, celebrated for its dairy system, the milk is always scalded. The milk-pans, which are of tin, and contain from 10 to 12 quarts, after standing 10 or 12 hours, are placed on a hot plate of iron, over a stove, until the cream has formed on the surface, which is indicated by the air-bubbles rising through the milk, and producing blisters on the surface-coating of the cream. This indicates its approach to the boiling point; and the vessel is now removed to cool. When sufficiently, that is, quite cool, the cream is skimmed off with the slice: it is now the clotted cream for which Devonshire is so famous. It is then placed in the churn, and churned until the butter comes, which it generally does in a much shorter time than by the other process. The butter so made contains more caseine than butter made in the usual way, but does not keep so long.

It is a question frequently discussed how far it is economical for families to keep cows and make their own butter. It is calculated that a good cow costs from May 1 to October 1, when well but economically kept, £5. 16s. 6d.; and from October 1 to April 30, £10. 2s. 6d. During that time she should produce 227 lb. of butter, besides the skimmed milk. Of course, if new milk and cream are required, that will diminish the quantity of butter.

Besides churning and keeping her dairy in order, the dairy-maid has charge of the whole produce, handing it over to the cook, butler, or house-

maid, as required; and she will do well to keep an exact account both of what she receives and how and when she disposes of it.

DAMP BEDS.

Few things are more dangerous than damp beds. No beds should ever be allowed to become so. The presence of damp may be detected, and, if not very bad, may at the same time be cured by the use of a warming-pan. The moist air of a damp bed carries away the natural heat of the body with a most dangerous rapidity. The body becomes chilled, disease and, often, death ensue. Sit up all night rather than sleep in a damp bed; or, if you are only suspicious of dampness, and wish for a night's rest, wrap yourself up in the blanket and cover yourself with all the clothes you can find, so as to allow no escape of heat.

DAMP WALLS.

If all houses were built as they should be, with hollow walls, there would be few or no complaints of damp walls. Another thing very important to be attended to in order to preserve dry walls is to set a course of slate in cement while building, as soon as the wall leaves the ground-line. This, if properly done, effectually prevents all damp from rising. Neither of these simple and most excellent preventives adds anything material to the cost of the building; while hollow walls make the building much stronger. The sand used in plastering must also be taken into account. River or pit sand should be used, but not sea sand, which is always liable to be affected by the dampness of the atmosphere. It is a usual thing in newly-built houses for the walls to exude the moisture which has been used in making the plaster; this is called "sweating;" and as often as this appears, the walls should be wiped quite dry.

DANDELION TEA, Useful in all Dropsical Cases.

Make an infusion of dandelion-flowers in a china teapot, using 1 oz. of dandelion to 1 pint of boiling water. Let it stand 10 minutes; pour it off into a wine-bottle, and take, either sweetened or not, 1 or 2 wine-glasses of the infusion daily.

DANDRIFF, REMEDY FOR.

Ingredients: 1 pint of lime-water, ½ pint of distilled vinegar.—*Mode:* Mix these, and well wash the roots of the hair with the mixture night and morning.

DEAFNESS, TO RELIEVE.

Deafness arises from so many causes, that the same remedy will not, unfortunately, in all cases give relief. The following have been known often to prove beneficial.—*Ingredients:* 1 part of the juice of fresh foxglove, 2 parts of brandy.—*Mode:* Bruise in a mortar the flowers, leaves, and stalks of fresh-growing foxgloves, press out the juice, and add to it double its quantity of good brandy; bottle it for use; at night-time drop from the point of a knitting-pin one drop of the extract into the ear. Also moisten a piece of cotton-wool with some of the juice, and put this into the ear; remove it in the morning; repeat this operation till the deafness is relieved. Ear-ache and deafness are sometimes connected with chronic ulceration in the internal or external part of the ear, when injections of warm water and soap are advisable. In this case there is sometimes a constant fetid discharge, for which the following mixture is recommended:—Take of oxgall, 3 drachms; balsam of Peru, 1 drachm. Mix. A drop or two to be put into the ear with a little cotton. When deafness arises from deficient secretion of wax, take oil of turpentine, ½ drachm; olive-oil, 2 drachms. Mix them. Two drops to be introduced into the ear at bedtime. When deafness arises from a collection of too much wax, and pain is experienced on the drum of the ear, inject warm water with a gutta-percha syringe made for the purpose, and which can be purchased at any respectable chemist's. There are various mechanical

appliances for the relief of deafness. The most simple is the ear-trumpet, made of tin or silver, or any metal in the shape of a horn. The organic vibrator, sold by Messrs. Solomon, of Albemarle-street, Piccadilly, is a neater instrument, and in many cases is found to answer. It fits into the ear, and is on this account hardly perceptible.

DECANTER STOPPERS.

Stoppers of glass decanters frequently, rom a variety of causes, become so fixed that they cannot be removed without danger. Whenever this is the case, place a little sweet oil with a feather round the stopper and the neck of the decanter, and set it near the fire. When tolerably warm tap the stopper gently on all sides with a light piece of wood, and it will soon become loose, or the neck of the decanter may be rubbed sharply with a piece of list; the friction will expand the glass of the decanter, and in this way set the stopper free. Great care must be taken that the stopper is not broken.

DECANTERS, TO CLEAN.

Roll up in small pieces some soft brown or blotting-paper; wet them, and soap them well. Put them into the decanters about one-quarter full of warm water; shake them well for a few minutes, then rinse with clear cold water; wipe the outsides with a nice dry cloth, put the decanters to drain, and when dry they will be almost as bright as new ones. This is the best and safest mode of cleaning decanters. Some persons, however, use a little fine sand, and others egg-shells crushed into small pieces, which are shaken about in the glass with cold water: a beautiful polish may be given by this means.

DECANTING WINE.

With most wines this is not a difficult operation; but with those which deposit crust, a delicate hand and much caution are required. And even with the greatest care, it is at times impossible with delicate wines not to injure the crust, either in drawing the cork or tilting the bottle. A very neat little instrument for the decanting of wine, which effectually meets all the difficulties of an unsteady hand, has been recently brought into use. It is manufactured by Mr. Farrow, of Great Tower-street, London, and called "Ellis's Patent Elutriator."

DENTIFRICE.

Ingredients: 2 oz. of borax, 3 pints of water, 1 teaspoonful of tincture of myrrh, 1 tablespoonful of spirit of camphor.—*Mode:* Dissolve the borax in the water, and before it is quite cold add the myrrh and spirit of camphor. Bottle this mixture for use. Wash the teeth daily with a soft brush, with this mixture diluted, in the proportion of one wine-glass of the mixture to half a pint of tepid water. This is a most excellent dentifrice for preserving the teeth, and it is especially useful when the teeth and gums are tender.

DENTIFRICE, QUININE,

Is a fine tonic for the teeth and gums. Take 6 oz. of prepared oyster-shell coloured with red bole, or a like amount of red coral; mix with 2 drachms of myrrh, 30 grains of disulphate of quinine, and as much scent of any kind as is agreeable.

DEPILATORY.

1. *Ingredients:* 8 oz. of newly-slaked lime, 1 oz. of pearlash, 1 oz. of sulphuret of potash.—*Mode:* Reduce these to a fine powder in a mortar, and keep this powder in a well-corked bottle. When wanted for use, make a little of the powder into a paste with warm water, and apply it immediately to the part from which the hair is to be removed, and which must first have been well soaked in warm water. Should this application when removed cause irritation to the skin, wash the part with warm water to which has been added a little aromatic or common vinegar. Irritation frequently occurs before the depilatory is removed; in this case wash it off at once with

warm water.—2. Mix 2 oz. of quicklime with ½ oz. of orpiment or realgar (sulphuret of arsenic); boil the mixture in 1 lb. of strong alkaline lye; then try its strength by dipping a feather into it, and when the flue falls off, the rusma (as it is called) is quite strong enough. It is applied to the human skin by a momentary friction, followed by washing with warm water. Such a caustic liquid should be used with the greatest circumspection, beginning with it somewhat diluted. A soap is sometimes made with lard and the above ingredients; or soft soap is combined with them; in either case to form a depilatory pomade. The rusma should never be applied but to a small surface at a time, for, independently of the risk of corroding the skin, dangerous consequences might ensue from absorption of the arsenic.—3. Any of the following recipes may also be made use of to remove superfluous hair, but great care is necessary in the application of any remedies for such a purpose:—1. Lime, 12 oz.; starch, 10 oz.; orpiment, 1 oz. Mix them together.—2. Sulphuret of arsenic, 1 oz.; quicklime, 2 oz. This application, being virulent poison, must be used but seldom.—3. Orpiment, 1 oz.; quicklime, 9 oz. Mix with a little soap lees and powdered starch.—4. Quicklime, 2 oz.; salt of tartar, 4 oz; charcoal, ¼ oz.—5. Quicklime, 8 oz.; dry pearlash, 1 oz.; sulphuret of potassium, 1 oz. It must not be applied more than two or three minutes.

DEPRESSION OF SPIRITS, TO CURE.

Hartshorn, 4 oz.; cinnamon, 1 oz.; cardamoms, bruised, 1½ oz.; caraway, ditto, 2 oz.; saffron, ½ oz.; sherry wine, 1 quart; brandy, 1 quart. Infuse the above in a stone jar, closely stopped, forty-eight hours; then draw all off into a cold still, and let it drop on 4 oz. of sugarcandy. Then put into small phials, which cork and seal. The dose of the above must be proportioned to the age and state of the patient. Half a wineglass in a little water will generally be found beneficial.

DIAMOND CEMENT.

Ingredients: Isinglass, 1 oz.; distilled vinegar, 5½ oz.; spirits of wine, 2 oz.; gum-ammoniac, ½ oz.; gum-mastic, ½ oz.—*Mode:* Mix well and keep in a bottle tightly corked.

Another Recipe, very useful for joining china, glass, &c. Soak a little fine isinglass in water until it is quite soft, then dissolve it in proof spirit, stirring in a little resin varnish.

Another.—Take rough Russian isinglass; soak it in sufficient water to make it soft, then dissolve it in proof spirit, and add a little resin varnish.

DIARRHŒA.

The diarrhœa with which children are so frequently affected, especially in infancy, should demand the nurse's immediate attention, and when the secretion, from its clayey colour, indicates an absence of bile, a powder composed of 3 grains of grey powder and 1 grain of rhubarb, should be given twice, with an interval of four hours between each dose, to a child from one to two years, and, a day or two afterwards, an aperient powder containing the same ingredients and quantities, with the addition of two or three grains of scammony. For the relaxation consequent on an overloaded stomach, or acidity in the bowels, a little magnesia dissolved in milk should be employed two or three times a day.

When much griping and pain attend the diarrhœa, half a teaspoonful of Dalby's carminative (the best of all patent medicines) should be given, either with or without a small quantity of castor-oil to carry off the exciting cause.

For any form of diarrhœa that, by excessive action, demands a speedy correction, the most efficacious remedy that can be employed in all ages and conditions of childhood is the tincture of kino, of which from 10 to 30 drops, mixed with a little sugar and water in a spoon, are to be given every two or three hours till the undue action has been checked. Often the change of

diet to rice, milk, eggs, or the substitution of animal for vegetable food, or *vice versâ*, will correct an unpleasant and almost chronic state of diarrhœa.

A very excellent carminative powder for flatulent infants may be kept in the house, and employed with advantage, whenever the child is in pain or griped, by dropping 5 grains of oil of aniseed and 2 of peppermint on ½ oz. of lump sugar, and rubbing it in a mortar, with a drachm of magnesia, into a fine powder. A small quantity of this may be given in a little water at any time, and always with benefit.

DIARRHŒA, REMEDY FOR.

A most valuable remedy for diarrhœa is burnt rhubarb, given in port wine, milk, or water; from 5 to 10 grains is sufficient for a dose. The manner of preparing it is to burn the rhubarb powder in an iron crucible, stirring it till it is blackened; then covering it closely in a jar; the drug loses two-thirds of its weight by incineration, and is nearly tasteless.

Another Recipe.—A wineglassful of strong mint-tea, with half a teaspoonful of carbonate of soda in it. To be taken three or four times a day.

Another.—An excellent remedy may be extemporized as follows:—Half a teaspoonful of prepared chalk, 10 drops of laudanum, a drop of oil of peppermint, in half a wineglassful of cold water.

DILAPIDATIONS.

At the termination of a lease, supposing he has not done so before, a landlord can, and usually does, send a surveyor to report upon the condition of the tenement, and it becomes his duty to ferret out every defect. A litigious landlord may drag the outgoing tenant into an expensive lawsuit, which he has no power to prevent. He may even compel him to pay for repairing improvements which he has effected in the tenement itself, if dilapidations exist. When the lessor covenants to do all repairs, and fails to do so, the lessee may repair, and deduct the cost from the rent.

DINING-TABLES, TO KEEP IN ORDER.

Use no mats and no extra cloths; but immediately the dinner-cloth is removed, well rub the table while still warm from the dishes.

DINNERS A LA RUSSE.

This is a fashion now frequently adopted. The table is laid out with plate and glass, and ornamented with flowers, the dessert only being placed on the table, the dinner itself being placed on the sideboard, and handed round in succession, in courses of soup, fish, entrées, meat, game, and sweets. This arrangement is not only elegant but economical, as fewer dishes are required, the symmetry of the table being made up with the ornaments and dessert. The various dishes are also handed round when hot; it involves, however, additional and superior attendance, as the wines are also handed round; and unless the servants are very active and intelligent, many blunders are likely to be made.

DIPHTHERIA.

We gladly publish (says *Old Jonathan*) the annexed recipe from a physician, who says that of 1,000 cases in which it has been used not a single patient has been lost. The treatment consists in completely swabbing the back of the mouth of the throat with a wash made thus:—Table salt, 2 drachms; black pepper, golden seal, nitrate of potash, and alum, 1 drachm each. Mix and pulverize, put into a teacup, which half fill with boiling water, stir well, and then fill up with good vinegar. Use every half-hour, one, two, and four hours, as recovery progresses. The patient may swallow a little each time. Apply 1 oz. each of spirits of turpentine, sweet oil, and aqua ammoniæ mixed, every four hours, to the whole of the throat and to the breast-bone, keeping flannel to the part.

DISH-COVERS.

These are made of many different materials, and must be cleaned and polished with the compositions suited to each. All covers should be washed free from grease, and wiped quite dry as soon as they are brought from table. Plated and silver dish-covers require plate-powder to polish them. The most common material for dish-covers is block tin, and those so made may be kept in beautiful order by rubbing them with a little sweet oil and finely-powdered whiting. The sweet oil should be rubbed on first, and the whiting put on dry; the polishing is finished off with clean soft rags. All the best covers are provided with moveable handles, which must be taken off during the process of cleaning.

DISINFECTING LIQUID.

The following is a substitute for chloride of lime, and possesses this great advantage, that it is not so soon exhausted:—Take 2 tablespoonfuls of kitchen salt (chloride of sodium), 2 teaspoonfuls of red lead (deutoxide of lead), a large wineglassful of common sulphuric acid, and water. Introduce the solid substances into a bottle with some water, then add the sulphuric acid gradually, gently shaking the bottle at intervals. A portion of the sulphuric acid combines with the red lead, forming a sulphate, which is precipitated; another portion attacks the sodium of the salt, and sets the chlorine at liberty, which is at once dissolved in the water. In order to use the latter, pour it into a saucer offering a sufficiently large surface for evaporation; the chlorine will then be gradually evolved, and disinfect the apartment.

DISORDERED STOMACH.

Children are very liable to have their stomachs out of order from eating too many sweets and other indigestible food, and in the summer-time especially from eating too much fruit. In all such cases administer the following mixture:—*Ingredients:* ¼ oz. of powdered rhubarb, ¼ oz. of carbonate of soda, ¼ oz. of powdered ginger.—*Mode:* Mix all these well together, and keep them in a bottle corked for use when requisite. Give half a teaspoonful or a teaspoonful (according to the age of the child); mix very smoothly in about half a wineglass of warm water. A drop or two of peppermint may be added if desired.

DOG-BITE.

Wash the part thoroughly, then suck it freely; finally touch it all over with lunar caustic. When there is a doubt as to the health of the animal, and the dog is supposed to be mad, the only safe method to prevent the absorption of the poison is to have recourse to the surgeon's knife, by which every particle of the surface with which the saliva of the dog may have come in contact must be cut away.

DOMESTIC SERVANTS.

These are so called from living within the same house (*domus*) as their masters and mistresses. The word "menial," though it is generally objected to, as a term of degradation, has literally the same meaning, for it is derived from the Latin word *mœnia*, which signifies the "walls of the house." The servants who come under this denomination are housekeepers, ladies'-maids, housemaids, cooks, kitchen-maids, nurses, butlers, valets, coachmen, footmen, grooms, gardeners, and others of like occupation. A governess, though she lives in the house, is not a domestic servant. It is the custom of "Society" to abuse its servants: a *façon de parler*, such as leads their lords and masters to talk of the weather, and, when rurally inclined, of the crops, leads matronly ladies, and ladies just entering on their probation in that honoured and honourable state, to talk of servants, and, as we are told, wax eloquent over the greatest plague in life while taking a quiet cup of tea. Young men at their clubs also like to abuse their "fellows," perhaps not without a certain pride and pleasure at the opportunity of inti-

mating that they enjoy such appendages to their state. It is a conviction of "Society" that the race of good servants has died out, at least in England, although they do order these things better in France ; that there is neither honesty, conscientiousness, nor the careful and industrious habits which distinguished the servants of our grandmothers and great-grandmothers ; that domestics no longer know their place ; that the introduction of cheap silks and cottons, and, still more recently, those ambiguous "materials" and tweeds, have removed the landmarks between the mistress and her maid, between the master and his man.

When the distinction really depends on things so insignificant, this is very probably the case ; when the lady of fashion chooses her footman without any other consideration than his height, shape, and *tournure* of calf, it is not surprising that she should find a domestic who has no attachment for the family, who considers the figure he cuts behind her carriage, and the late hours he is compelled to keep, a full compensation for the wages he exacts, for the food he wastes, and for the perquisites he can lay his hands on. Nor should the fast young man, who chooses his groom for his knowingness in the ways of the turf and in the tricks of low horse-dealers, be surprised if he is sometimes the victim of these learned ways. But these are the exceptional cases, which prove the existence of a better state of things. The great masses of society among us are not thus deserted ; there are few families of respectability, from the shopkeeper in the next street to the nobleman whose mansion dignifies the square, which do not contain among their dependants attached and useful servants ; and where these are absent altogether, there are good reasons for it. The sensible master and the kind mistress know, that if servants depend on them for their means of living, in their turn they are dependent on their servants for very many of the comforts of life; and that, using a proper amount of care in choosing servants, and treating them like reasonable beings, and making slight excuses for the shortcomings of human nature, they will, save in some exceptional case, be tolerably well served, and, in most instances, surround themselves with attached domestics.

This remark, which is applicable to all domestics, is especially so to men-servants. Families accustomed to such attendants have always about them humble dependants, whose children have no other prospect than domestic service to look forward to ; to them it presents no degradation, but the reverse, to be so employed ; they are initiated step by step into the mysteries of the household, with the prospect of rising in the service, if it is a house admitting of promotion,—to the respectable position of butler or house-steward. In families of humbler pretensions, where they must look for promotion elsewhere, they know that can only be attained by acquiring the goodwill of their employers. Can there be any stronger security for their good conduct,—any doubt that, in the mass of domestic servants, good conduct is the rule, the reverse the exception ?

The number of the male domestics in a family varies according to the wealth and position of the master, from the owner of the ducal mansion, with a retinue of attendants, at the head of which is the chamberlain and house-steward, to the occupier of the humbler house, where a single footman, or even the odd man-of-all-work, is the only male retainer. The majority of gentlemen's establishments probably comprise a servant out of livery, or butler, a footman, and coachman, or coachman and groom, where the horses exceed two or three. Of female servants also, the number varies according to circumstances. In a general way, cook, housemaid, lady's-maid, and nurse are required. The duties of all these domestic servants will be detailed under their different names.

DRAINAGE.

No house can be comfortable or

healthy where the drainage is bad. Good drainage is one of the chief essentials in every house. Unfortunately, until of late years, very little attention has been paid to drainage; and it is frequently very difficult, after a house has been built, to set this point right, which should have been attended to in the original construction. Drains there must be in every house, and these should be constructed, not of bricks and mortar, but of glazed earthenware pipes, put together with good cement, and properly trapped to prevent the rising of any foul air. The "siphon trap" is a very useful invention, and so is the "bell trap" also; and if these be used, and kept well supplied with water, there ought to be no occasion to complain of bad smells. Drains, however well constructed, will not take care of themselves, though they are too frequently left to do so. They may go on safely for a time, but accumulations will take place, which must be removed, or the drains will become choked. Sinks in back kitchens are fruitful sources of bad smells, simply because servants will force down them refuse which they were never intended to carry off. The drain of a sink should always be provided with a trap and grating, and these should be so fixed that they cannot be removed. Everything that will not pass the grating should be removed with the hand, and got rid of elsewhere; and occasionally hot water should be poured down the sink to clean away all grease which, by hanging to the sides of the drain, in time chokes it up. Periodically all drains, from inlet to outlet, should be looked to by some one who understands the matter. They should be flooded or well washed out, and the traps examined. A little chloride of lime or some of Burnet's disinfecting fluid will be found very useful on such occasions. Every drain at its outlet should be provided with a grating, which will prevent the rats from working into it.

DRAWINGS, TO VARNISH.

1. Boil some clear parchment-cuttings in water, in a glazed earthen vessel, till they produce a very clear size; strain it and keep it till wanted, then give the work two coats of the size, passing the brush quickly over it, so as not to disturb the colours.—2. Mix 1 oz. of Canada balsam and 2 oz. of spirits of turpentine together, then size the print or drawing with a solution of isinglass in water, and when dry apply the varnish with a camel-hair brush.

DRINK FOR CONSUMPTIVE PATIENTS.

Ingredients: 1 teacup of barley-water, ½ teacup of new milk, 5 grains of nitre, sugarcandy.—*Mode:* Let the barley-water be thick, and well boiled, before the other ingredients are added. The drink should be taken just warm, the first thing in the morning and the last at night. If the patient be subject to night perspiration, the last dose should be taken at an earlier hour, or the nitre omitted. This drink, if persevered with, will be found to afford great relief; it is so simple that it will not interfere with any medical treatment.

DRINK, A VERY STRENGTHENING.

Beat the yolk of a fresh egg with a little sugar; add a very little brandy; beat the white to a strong froth, stir it into the yolk; fill up the tumbler with new milk, and grate in a little nutmeg.

DROWNING.

This is one of the most frequent causes of death by suffocation.—*Treatment:* Many methods have been adopted, and as some of them are not only useless, but hurtful, we will mention them here, merely in order that they may be avoided. In the first place, then, never hang a person up by his heels, as it is an error to suppose that water gets into the lungs. Hanging a person up by his heels would be quite as bad as hanging him up by his neck. It is also a mistake to suppose that rubbing the body with salt and water is of service.—*Proper Treatment:* Directly a person has been taken out of the

water, he should be wiped dry and wrapped in blankets; but if these cannot be obtained, the clothes of the bystanders must be used for the purpose. His head being slightly raised, and any water, weeds, or froth that may happen to be in his mouth, having been removed, he should be carried as quickly as possible to the nearest house. He should now be put into a warm bath, about as hot as the hand can pleasantly bear, and kept there for about ten minutes, artificial breathing being had recourse to while he is in it. Having been taken out of the bath, he should be placed flat on his back, with his head slightly raised, upon a warm bed in a warm room, wiped perfectly dry, and then rubbed constantly all over the body with warm flannels. At the same time, mustard poultices should be put to the soles of the feet, the palms of the hands, and the inner surface of the thighs and legs. Warm bricks, or bottles filled with warm water, should be placed under the armpits. The nose should be tickled with a feather, and smelling-salts applied to it. This treatment should be adopted while the bath is being got ready, as well as when the body has been taken out of it. The bath is not absolutely necessary; constantly rubbing the body with flannels in a warm room having been found sufficient for resuscitation. Sir B. Brodie says that warm air is quite as good as warm water. When symptoms of returning consciousness begin to show themselves, give a little wine, brandy, or twenty drops of sal-volatile and water. In some cases it is necessary, in about twelve or twenty-four hours after the patient has revived, to bleed him, for peculiar head-symptoms which now and then occur. Bleeding, however, even in the hands of professional men themselves, should be very cautiously used—non-professional ones should never think of it. The best thing to do in these cases is to keep the head well raised, and cool with a lotion such as that recommended for sprains; to administer an aperient draught, and to abstain from giving anything that stimulates; such as wine, brandy, sal-volatile, &c: &c. As a general rule, a person dies in three minutes and a half after he has been under water. It is difficult, however, to tell how long he has actually been *under* it, although we may know well exactly how long he has been *in* it. This being the case, always persevere in your attempts at resuscitation until actual signs of death have shown themselves, even for six, eight, or ten hours. Dr. Douglas, of Glasgow, resuscitated a person who had been under water for fourteen minutes, by simply rubbing the whole of his body with warm flannels, in a warm room, for eight hours and a half, at the end of which time the person began to show the *first* symptoms of returning animation. Should the accident occur at a great distance from any house, this treatment should be adopted as closely as the circumstances will permit of. Breathing through any tube, such as a piece of card or paper rolled into the form of a pipe, will do as a substitute for the bellows. To recapitulate: Rub the body dry; take matters out of mouth; cover with blankets or clothes; slightly raise the head, and place the body in a warm bath, or on a bed in a warm room; apply smelling-salts to nose; employ artificial breathing; rub well with warm flannels; put mustard poultices to feet, hands, and insides of thighs and legs, with warm bricks or bottles to armpits. *Don't bleed.* Give wine, brandy, or sal-volatile when recovering, and *persevere till actual signs of death are seen.*

The following observations upon drowning are too valuable to be omitted:—The proper remedies for the recovery of the drowned are few and simple. The body should be handled as lightly and delicately as possible. As soon as taken from the water it should be placed on a mattress or bed-chair, with the head raised, and carried to the receiving-house, if there be one at hand, or to the nearest convenient dwelling-house. Remove the wet clothes, lay the body on a bed with the head raised, and dry it with warm cloths and flannels; clean

the mouth and nostrils with warm water. If the weather be cold, light a fire in the room; if warm, admit air freely. Whatever be the state of the weather, lay the body on a warm blanket, and rub it gently with flannels sprinkled with spirit. Cover a warming-pan with flannel, and move it gently up and down the spine; apply warm bottles to the feet and to the palms of the hands. Foment the breasts also with hot spirits. At a regular receiving-house proper appliances will be at hand, under medical direction, for providing artificial warmth for the body, for bringing electricity to bear on its dormant organs, and for promoting respiration. It is impossible here to give any directions on these points. Appliances which are of the greatest benefit in the hands of the skilful, may, by a slight mismanagement, at once destroy that life which the proper use of them would have reanimated. In all cases of drowning, then, let the nearest medical man be sent for without a moment's delay, and attempt nothing more than the few simple remedies we have mentioned till he comes. In his hands, in the absence of any proper apparatus, the pipe of a small pair of bellows may be introduced up one nostril, while the mouth and the other nostril are closed, the lungs inflated, and breathing set to work.

DRUGS NECESSARY TO BE KEPT ON HAND.

It will be seen that they are few, and they are not expensive; and by laying in a little stock of them, many of our recipes will be of instant value in all cases of accident, &c. The drugs are—Antimonial Wine. Antimonial Powder. Blister Compound. Blue Pill. Calomel. Carbonate of Potash. Compound Iron Pills. Compound Extract of Colocynth. Compound Tincture of Camphor. Epsom Salts. Goulard's Extract. Jalap in Powder. Linseed Oil. Myrrh and Aloes Pills. Nitre. Oil of Turpentine. Opium, powdered, and Laudanum. Sal Ammoniac. Senna Leaves. Soap Liniment. Opodeldoc. Sweet Spirits of Nitre. Turner's Cerate. To these should be added: Common Adhesive Plaster. Isinglass Plaster. Lint. A pair of small Scales with Weights. An ounce and a drachm Measure-glass. A Lancet. A Probe. A pair of Forceps, and some curved Needles. No house, especially no house in the country, should be without these necessaries.

DRUNKENNESS.

This horrible result may be avoided by mixing with the whole quantity of liquor taken by the patient during the day a portion of the following mixture, which must not exceed a tablespoonful or half an ounce each day.—*Mixture:* 8 grains of tartar emetic and 4 oz. of rose-water. When drunkenness has proceeded so far as apparently to endanger life, medical aid should at once be called in, as the treatment must be varied according to the condition of the patient. A warm bed is desirable; and when any signs of life are manifest, the patient may have a teaspoonful of warm water, or a little warm wine-and-water; but nothing further should be tried without medical advice.

DRYING-GROUND.

This necessary appendage to a laundry should be open to the sun, but not too much exposed to the wind; for linen that has been very much blown about always feels flabby, even after it has been mangled.

DUCKS, TO FATTEN.

Ducks may be fattened either in confinement or with their liberty. In the former case, they will require a liberal supply of fresh water with their food; and in the latter, dry food must be placed near the water they frequent, or somewhere within reach. Whatever may be said of other sorts of food, we incline to the opinion that there is nothing better than a mixture of fine pollard and barley-meal for fattening ducks. A few pieces of cut turnip may be supplied to them daily, and their meal may be mixed up with skim milk

and kitchen fat, or dripping, if it can be had. No birds should be confined for fattening longer than three weeks.

DUSTING.

This is an operation in household work frequently called into use, and frequently also very badly performed. Too often the dust is not removed; it is merely driven away from one place to fly about for a time, and then settle in another. Dust should, as much as possible, be collected and got rid of, either by means of the duster, or a brush and dust-pan. The former should, of course, always be shaken out into the air as it is used. While a room is being dusted—that is, the ceiling, walls, and curtains—the dusting-sheet should be thrown over the furniture, which should be collected into as small a space as possible. This dusting-sheet, on removal, should be carefully folded together, taken into the air and shaken. The furniture may then be dusted, and returned to the proper places. A duster should never be taken over furniture standing close against a wall, or a mark will be sure to be left on the paper. This remark applies, of course, to mantel-pieces, where the paper may be soon spoiled by the act of dusting, unless the greatest care be used.

DYE—GREEN DYE FOR HAIR OR FEATHERS.

Ingredients: 1 oz. of verdigris, 1 pint of gum-water.—*Mode:* Mix these ingredients well together, gently dip the hair or feathers into the mixture, and shake them well to dry them.

DYES FOR MOSS OR GRASS.

For *pink*, get some logwood and ammonia, and boil them together in water; for *red*, logwood and alum; for *blue*, indigo blue; and all other colours that will dissolve. To keep the grass together, dip it in a weak solution of gum-water; or put some gum-water in the dye, which will answer the same purpose.

EARTHENWARE.

All earthenware articles must be well soaked in cold water before they are taken into use. Common cups and saucers, jam-jars, basins, &c., will be in danger of cracking as soon as they are washed in hot water, unless they have been first soaked in cold. In the case of new garden-pots, the soil will not hold to the sides unless they have been soaked.

EARWIGS, TO PROTECT PLANTS FROM.

Put a water-pan round the bottom of the stalk, or dip a piece of wool or cotton in oil, and lightly tie it round the stalk, about a foot from the earth. The stakes which you put into the ground to support the plants must also be surrounded by the oiled cotton or wool, or the insects will climb up them to the blossoms and tender tops of the stems.

EFFERVESCING DRAUGHTS

May be prepared extemporaneously as follows:—*Soda-water:* 20 grains of bicarbonate of soda, 15 grains of citric acid, half a teaspoonful of pounded white sugar. *Potash-water:* Instead of soda, the like amount of potash, 15 grains of tartaric acid, and half a teaspoonful of pounded white sugar. For *Lemonade*, substitute 3 drops of essence of lemon for the bicarbonate of soda; the other ingredients are the same; while for *Ginger-beer* add 10 grains of powdered ginger in lieu of the essence of lemon. In every case proceed to concoct the drink as follows:—Dissolve the soda, potash, &c., in a wineglassful of water with the sugar, then add the other ingredients, and drink while effervescence goes on.

EGG-FLIP.

Ingredients: 4 eggs, 6 lumps of loaf sugar, 1 quart of boiling water, 2 tumblers of cognac brandy, 1 tumbler of old rum.—*Mode:* Beat up the eggs, omitting the whites of two of them, and work the sugar into them by beat-

ing; pour on the water boiling hot, about half a pint at a time, stirring it well, and then mix in the brandy and rum.

EGG-NOGG. This is an American Drink.

Ingredients: Yolks of 2 eggs, grated nutmeg to taste, 1 tablespoonful of brown sugar, 1 teaspoonful of grated ginger, a little grated cinnamon, 1 glass of rum.—*Mode:* Put the eggs into a bowl with the nutmeg, sugar, and ginger; heat over the fire almost to boiling, the ale, rum, and cinnamon; and at this stage pour the mixture gradually on to the eggs, &c., whisking all the while. It will be fit to drink when finely frothed and sufficiently cool.

EGGS, TO COLOUR.

Take some of the narrowest coloured ribbon, and bind it closely and neatly round the eggs, covering all parts, and securing the ends, so that the ribbon does not get loose. This may be done with a needle and thread, or by tucking the ends well in. The same egg may be bound with pieces of different coloured ribbon, so as to vary the appearance. Boil the eggs thus bound for ten minutes. When cold, remove the ribbons, and the colouring will be left on the shells. The eggs may now be varnished, which will add much to the beauty of their appearance.

EGGS, TO KEEP.

Eggs may be kept good for months by any of the following methods:—1. They may be dipped in boiling water for one minute, and kept in any cool place.—2. They may be smeared over with grease, or covered with a coating of very thin gum-water.—3. They may be laid down in jars in dry, common salt.—4. They may be put into strong lime-water. The following is a good recipe.—*Ingredients:* 2½ lb. of unslaked lime, 6 oz. of salt, ½ oz. cream of tartar, 3 gals. of boiling water.—*Mode:* Pour the water on the lime and salt, and when cold add the cream of tartar. The eggs may be put into the jar containing this mixture the next day. They should be completely covered.

ELDER-WINE.

Boil elderberries in water in the proportion of 1 gal. of elderberries to 2 gals. of water. To every gallon of liquor add 3½ lb. of sugar. When nearly cold, set the liquor to work with a little yeast. The next day tun it, but leave the bung out till all hissing noise has ceased. Before bunging down, put some spice, ginger, cloves, and allspice into a little muslin bag; boil them for a minute or two in a little of the liquor, and sink the bag in the cask by means of a small pebble put inside it. Four or five ounces of spice will be sufficient for nine gallons of wine. A few sloes or damsons added to the elderberries will very greatly improve the wine.

Another Recipe.—Gather the elderberries ripe and dry, pick them, bruise them with your hands, and strain them; set the liquor by in glazed earthen vessels for twelve hours, to settle; put to every pint of juice one pint and a half of water, and to every gallon of this liquor three pounds of moist sugar; set it in a kettle over the fire, and when it is ready to boil, clarify it with the whites of four or five eggs; let it boil one hour, and when it is almost cold, work it with strong ale yeast, and tun it, filling up the vessel from time to time with the same liquor, saved on purpose as it sinks by working. In a month's time, if the vessel holds about eight gallons, the wine will be fine and fit to bottle; and, after bottling, will be fit to drink in twelve months; but if the vessel be larger, it must stand longer in proportion,—three or four months at least for a hogshead. All liquors must be fined before they are bottled, or else they will grow sharp, and ferment in the bottles. Add to every gallon of this liquid one pint of strong mountain wine. This wine will be very strong and pleasant.

EMBROCATION FOR RHEUMATISM.

Take of sweet oil and laudanum equal portions, and half a portion of chloroform; before using, shake the bottle, and avoid inhaling while rubbing.

EMBROIDERY, TO CLEAN.

Gold and silver fancy-work of this description may be easiest cleaned with a little spirits of wine, either alone, or diluted with an equal weight of water. The common practice of using alkaline or acidulous liquors is very injurious, and frequently destroys the beauty of the articles, instead of cleaning them.

EMETIC DRAUGHT.

Twenty grains of sulphate of zinc in 1¼ oz. of water. This draught is to be repeated in a quarter of an hour if vomiting does not take place.

EMETIC TARTAR, POISONING BY.

Seen in the form of a white powder, or crystals, with a slightly metallic taste. It is a poison, but has not often been known to destroy life.—*Symptoms:* A strong metallic taste in the act of swallowing, followed by a burning pain in the region of the stomach, vomiting, and great purging. The pulse is small and rapid, the skin cold and clammy, the breathing difficult and painful, and the limbs often much cramped. There is also great prostration of strength.—*Treatment:* Promote the vomiting by giving plenty of warm water, or warm arrowroot and water. Strong tea, in large quantities, should be drunk; or, if it can be obtained, a decoction of oak bark. The after-treatment is the same as that for acids and alkalis; the principal object in all these cases being to keep down the inflammation of the parts touched by the poison by means of leeches, warm poppy fomentations, fever-mixtures, and very low diet.

ENAMELLED LEATHER, TO CLEAN.

Water is sufficient to remove any dirt which impairs the gloss on enamelled leather. The leather may afterwards be rubbed with a dry flannel to bring up the polish.

ENCAUSTIC TILES.

These tiles now so frequently used, and with such good effect in halls, passages, and for the flooring of conservatories, &c., may be kept in good order with very little trouble. When first laid down they are liable to a mildew, which arises from the water used in the cement for setting them. Soap-and-water will not effectually remove this mildew; the tiles should be washed twice a week with skim-milk. This will keep them quite free from stains, and give them a beautiful gloss. Linseed-oil may be used occasionally if they are badly stained with the mildew.

EPILEPSY—FALLING SICKNESS.

These fits mostly happen, at any rate for the first time, to young people, and are more common in boys than girls. They are produced by numerous causes. —*Symptoms:* The fit may be preceded by pains in the head, palpitations, &c. &c.; but it mostly happens that the person falls down insensible suddenly, and without any warning whatever. The eyes are distorted, so that only their whites can be seen; there is mostly foaming from the mouth; the fingers are clinched; and the body, especially on one side, is much agitated; the tongue is often thrust out of the mouth. When the fit goes off, the patient feels drowsy and faint, and often sleeps soundly for some time.—*Treatment:* During the fit, keep the patient flat on his back, with his head slightly raised, and prevent him from doing any harm to himself; dash cold water into his face, and apply smelling-salts to his nose; loosen his shirt collar, &c.; hold a piece of wood about as thick as a finger—the handle of a tooth-brush or knife will do as

well—between the two rows of teeth, at the back part of the mouth. This will prevent the tongue from being injured. A teaspoonful of common salt thrust into the patient's mouth during the fit, is of much service. The after-treatment of these fits is various, and depends entirely upon their causes. A good general rule, however, is always to keep the bowels well open, and the patient quiet, and free from fatigue, worry, and excess of all kinds.

ERUPTIONS.

For eruptions on the face, the best remedy is camphor spirit dabbed on the spot after washing, or twice or thrice in the day; or the following lotion used every morning after washing:—*Sublimate Lotion.*—Sublimate of mercury, 2 grains; almond emulsion, half a pint. Mix these and bathe the face with the mixture.

ERYSIPELAS.

As soon as this complaint shows itself, dust the inflamed part over with flour, and keep it well covered with it: this will exclude the air and allay irritation, which is frequently most painful. Do not on any account touch the parts affected. For the cure, send for a medical man.

ESSENCE FROM FLOWERS, TO EXTRACT THE.

Take any flowers you choose; place a layer in a clean earthen pot, and over them a layer of fine salt. Repeat the process until the pot is filled; cover closely, and place in the cellar. Forty days afterwards, strain the essence from the whole through a crape by pressure. Put the essence thus expressed in a clear bottle, and expose it for six weeks in the rays of the sun and evening dew, to purify. One drop of this essence will communicate its odour to a pint of water.

ESSENCE OF ROSES.

Take 4 parts of clean fresh leaves of rose flowers—damask roses are best—put them into a still with 12 parts of water. Distil off one-half; repeat the process, and when a sufficient quantity of this liquid has been obtained it must be used as water upon fresh rose-leaves, and the same process must be continued four or five times until the quantity desired is obtained. If carefully done, this essence will be very powerful.

ETCHING FLUID FOR STEEL.

1. Iodine, 1 oz.; iron filings, ½ a drachm; water, 4 oz.: mix, and dissolve.—2. Pyroligneous acid, 4 oz.; alcohol, 1 oz.: mix, and add nitric acid, 1 oz., all by measure.

ETCHING GROUND FOR STEEL.

This may be formed of any substance capable of resisting the action of the etching fluid, and, at the same time, sufficiently soft to allow of the free use of the needle or point, and sufficiently solid to prevent an injury to the design during the "scratching-in."—1. White wax, 2 oz.; black and Burgundy pitch, of each, ½ oz.; melt together, add by degrees, powdered asphaltum, 2 oz.; boil till a drop taken out on a plate will break when cold, by being bent double two or three times between the fingers: it must then be poured into warm water, and made into small balls for use.—2. Linseed-oil and mastic, of each, 2 oz.: melt together.—3. Linseed-oil, 2 oz.; gum-benzoin and white wax, of each, ½ oz.: boil to two-thirds.

EYEBROWS.

Distinct pencilling and a good arch constitute the great beauty of the eyebrows. The colour depends upon nature and taste also. Those who dye their hair will be careful to use the same dye for their eyebrows. The eyebrows may be stained of a dark colour by many simple means; a little elderbury juice or burnt cloves may be used for the purpose.

EYELASHES.

Long and glossy eyelashes are accounted the most beautiful. In the

East the training of the eyelashes constitutes one of the peculiar cares of the toilette. The Circassian ladies, who are much celebrated for the beauty of their eyelashes, are said to cut the tips of them frequently, that is, some ten or twelve times a year, to increase their length and brilliancy. Of course it is the very sharp points only that are cut; but the operation is so delicate that we could not recommend the adoption of it. The best dressing for the eyelashes in our opinion is cold spring water. Long eyelashes are seldom preserved in this country after thirty years of age, because by general consent their growth is neglected. In women, as well as in men, they constitute a beautiful feature, and add greatly to the expression of the eyes and eyebrows. If examined through a microscope when they begin to decline, the extremities will be found split.

EYE-LOTION.

Acetate of zinc, ½ a drachm; distilled water, 16 oz. Mix, and dab the lotion on the eyes with a piece of soft rag.

EYE-LOTION, useful in Cases of Sore Eyes.

Ingredients: 3 tablespoonfuls of cold spring water, 4 drops of Goulard extract, 2 drops of laudanum, 15 drops of brandy.—*Mode:* Mix these in a bottle, and bathe the eyes with a piece of soft sponge saturated with the mixture.

EYE-WATER.

When the eyes are weakened or distressed by over-exertion, few remedies will be found more effectual than bathing them every morning with clean spring water, in which has been placed just sufficient brandy to make the mixture cause a slight stinging sensation when applied to the eyes. This weak brandy-and-water lotion may be kept ready mixed in a bottle. Another useful eye-water is made by mixing 40 drops of laudanum with two tablespoonfuls of milk, and the same quantity of water.

Any of the following recipes may also be tried with advantage in all cases of weak eyes, especially when there is a tendency to watering.—1. Mix 15 grains of sulphate of zinc with 2 oz. of rosewater.—2. Mix 1 drachm of Goulard water and 60 drops of laudanum in ½ pint of rosewater.—3. For a less powerful lotion, mix 1 drachm of Goulard water and 1 pint of rosewater.—4. Weak vinegar-and-water, as well as weak brandy-and water, is an excellent lotion for the eyes, which should be bathed thoroughly with it every morning.

EYES, BAD, TO CURE.

Dissolve a pennyworth of refined white copperas in a pint of spring water and put it into a bottle. Wash the eyes in warm water and bathe them with the above lotion. Be careful that none of the lotion gets into the mouth, as it is poison.

EYES, THE.

The eyes are so useful and so great a source of beauty, that every care should be taken to preserve them. Still they are very much abused. Young people read and work by firelight and other imperfect light, and after a time wonder that their sight becomes impaired. Those who are careful of their eyes will never use a table or a desk with their full face to the window; for the rays of light coming directly on the pupils cause a forced contraction of them, and produce much mischief. Also sit at your table or desk when near the window so that your face turns away from the window in writing. The best possible position for the preservation of the sight is to have the window at your back, and next to this, at the side; for in both these cases the light can illumine the paper and book while its rays are kept from shining both directly and obliquely on the eyeballs. And the same remarks will apply to artificial light. It matters little what the light is, provided it is clear enough and does not flicker, and at the same time that it does not shine directly on to the eyes.

FACE-ACHE.

Apply a ginger plaster to the side of the face which is in pain. (*See* receipe for ginger plasters.)

FACE, TO TAKE A CAST FROM A.

This is often done as a mould for a bust, or to preserve the likeness of a person. It is not a difficult process, but requires only a little care. Let the person, a mould of whose face is to be taken, lay down upon his back; let the hair be tied back, or otherwise kept from the face by grease, or by flour-dough placed on it; grease the eye-brows, and if necessary the beard and whiskers, also anoint the rest of the face with sweet oil; then place a quill in each nostril, keeping it there with dough. Tie a towel round the face, and make it fit tight with dough also. The patient being thus prepared, mix up the required quantity of plaster of Paris with warm water, and just as it is ready to set, pour it upon the face, taking care that the eyes and mouth are closed, and the outer ends of the quills above the plaster. Use a palette-knife to spread the plaster evenly over all parts of the face, until a coating is formed half an inch or more in thickness. In about two minutes the plaster will set sufficiently hard to be removed. When dry and well greased, a cast in plaster may be taken from the mould, or, if wetted, a cast in wax may be taken with equal facility. A little warm water may remove the dough, &c., from the face. In this manner casts are often taken of tumours and skin diseases, the wax casts being afterwards coloured. For wax casts, a good composition is white wax, 1 lb.; turpentine in lumps 2 oz.; flake white, 2 oz.; and vermilion sufficient to colour the whole.

FACE, WASH TO IMPROVE THE SKIN OF, TO REMOVE ROUGHNESS, PIMPLES, &c.

Ingredients: 1 quart of milk, ¼ lb. of powdered saltpetre, 2 pennyworth of oil of aniseed, 1 pennyworth of oil of cloves, ½ a quarter of a pint of the best vinegar.—*Mode.* Put these into a bottle, and let it stand buried halfway in sand in the full sunshine for a fortnight, without a cork, merely covered with a piece of muslin to keep out dust and insects. After this the bottle may be corked down close, and in a short time the wash will be ready for use.

FAINTING FITS

Are sometimes very dangerous, and at others perfectly harmless; the question of danger depending altogether upon the causes which have produced them, and which are exceedingly various. For instance, fainting produced by disease of the heart is a very serious symptom indeed; whereas that arising from some slight cause, such as the sight of blood, &c., need cause no alarm whatever. The symptoms of simple fainting are so well known that it would be quite superfluous to enumerate them here. *The treatment* consists in laying the patient at full length upon his back, with his head upon a level with the rest of his body, loosening everything about the neck, dashing cold water into the face, and sprinkling vinegar-and-water about the mouth; applying smelling-salts to the nose; and, when the patient is able to swallow, in giving a little warm brandy-and-water or about 20 drops of sal-volatile in water. Should the attack be due to disease of the heart, place the person in an upright position, and give half a tumbler of cold brandy and-water—half brandy, half water. If the attack arise from debility, place the patient in a recumbent position, and administer a glass of sherry. Should excitement or an over-heated room be the cause, a reclining posture, and the administration of a wineglassful of camphor julep, to which 20 drops of sal-volatile have been added, are the best means of recovery.

Though an upright position is, as a general rule, advised for those who faint from disease of the heart, never allow any one who has fainted to re-

main while the fit is on in an upright or sitting posture. Those who faint, unless supported, fall; let them continue, therefore, as nature dictates, merely raising the head very slightly. Apply Preston salts to the nostrils, or vinegar on a wetted rag, or pass the fumes of burning brown paper under the nose; vinegar also may be used to bathe the temples. Loosen all parts of the dress that cause pressure anywhere; open the hands and gently rub them; if the extremities are cold, apply warmth by means of hot bottles or hot flannels. If it can be swallowed, a little hot brandy-and-water, or a teaspoonful of sal-volatile and water, will do good. Do not be in too great a hurry to rouse the patient in the first fit; quiet treatment will frequently prevent a recurrence of the attack; but should the fit continue longer than a few minutes, dash some cold water in the patient's face; if this does not succeed, stand upon a chair or table and pour a stream of water gently upon the top of the head: this is an almost certain mode of restoration.

FASTING.

It is said by many able physicians that fasting is a means of removing incipient disease, and of restoring the body to its customary healthy sensations. Howard, the celebrated philanthropist, used to fast one day in every week; the great Napoleon, when he felt his system unstrung, suspended his wonted repast, and took exercise on horseback.

FEATHERS.

As poultry is plucked, the feathers should be put into a large calico bag kept for the purpose, care being taken that no pieces of skin or flesh adhere to them, and the quills of the pinions and larger feathers being removed. The feather-bag should be hung up in a dry airy place—on sunny days in the open air,—and as often as may be put into a cool oven, or copper that has just been used. Every year the contents of the bag, thus sweetened and prepared, may be used in stuffing pillows and beds.

FEATHERS, TO CLEAN.

All undyed feathers may be gently washed in a warm soap-lather, and rinsed out in warm and cold water. The operations must be performed very lightly. The feathers may then be dried before the fire and curled, if required, by means of a steel knitting-pin, upon which each portion of the feather is pressed with the thumb while it is drawn briskly over it.

Another Recipe.—Dissolve 4 oz. of white soap, cut small, in 4 pints of water, moderately hot, in a basin, and make the solution into a lather by beating it with a small rod. Then introduce the feathers, and rub them well with the hands for five minutes. They are next to be washed in clean water, as hot as the hand can bear it.

FEATHERS, TO DYE.

Feathers, whether for the purpose of making feather-flowers, or for rosettes or bunches for children's hats, may be dyed different colours by very easy processes. Those also which have naturally no decided tint may be improved in colour by the same means, taking care to use the dye which comes nearest to their natural tints. Of the composition of the different dyes we shall speak presently. The first thing necessary is to put the feathers into hot water for a few seconds, and to let them drain before they are put into the dyes. This is all that is required by way of preparation. They will, of course, be still damp when put in; but they need not remain long in the different mixtures, only just sufficient time to let the colour soak well into them. On being removed, they should be rinsed two or three times in clean cold water. This applies to all the dyes, with the exception of the red; and in this case it will be well to rinse only once, and dry as soon as possible.

Composition of dyes for feathers:—

Green.—Mix indigo liquid with turmeric and pour boiling water over it;

in this mixture let the feathers simmer till they have acquired the depth of colour needed.

Lilac.—Put about 2 teaspoonfuls of cudbear into a quart of boiling water, let the solution simmer a few minutes, then steep the feathers in it. If a small quantity of cream-of-tartar be added to the dye, it will turn the colour from lilac to amethyst.

Pink dye may be obtained by using, according to the depth of colour needed, three or four pink saucers, such as may be bought at any colourman's, steeping them in a quart of boiling water with a little cream of tartar. In this dye the feathers may lie several hours.

Red.—The best red dye is to be obtained by dissolving in 1 quart of boiling water 1 teaspoonful of cream of tartar, 1 tablespoonful of prepared cochineal, and then adding a few drops of muriate of tin.

Yellow.—Put a tablespoonful of the best turmeric into a quart of boiling water, and when well mixed put in the feathers. Any shade of yellow may be had by increasing or decreasing the quantity of turmeric: if a little soda be added, the tint will be a good orange.

After dyeing, the feathers should be spread out on a clean cloth before a clear fire, or on a warm stove, and as soon as they begin to dry, each feather should be taken by itself and carefully brought into shape by gently drawing it between the finger and thumb, and curling it, if necessary, with the back of a knife or a knitting-pin.

Other Recipes for Dying Feathers are —*Black:* For 20 lb. of feathers, a strong decoction is made of 25 lb. of logwood in a proper quantity of water. After boiling it for six hours, the wood is taken out, 3 lb. of copperas are thrown in, and, after continuing the ebullition for fifteen or twenty minutes, the copper is taken from the fire. The feathers are then immersed by handfuls, thoroughly soaked, and worked about, and left in for two or three days. They are next cleansed in very weak alkaline ley, and soaped three several times. When they feel very soft to the touch, they must be rinsed in cold water, and afterwards dried. White feathers are very difficult to dye a beautiful black. The acetate of iron is said to answer better than the sulphate as a mordant. For dyeing other colours, the feathers should be previously well bleached by the action of the sun and dew, the end of the tube being cut sharp like a toothpick, and the feathers being planted singly in the grass. After fifteen days' exposure, they are to be cleansed with soap, as above described.—*Rose-colour, or pink,* is given with safflower and lemon-juice; *Deep Red,* by a boiling-hot bath of Brazil-wood, after aluming. —*Crimson:* The deep red feathers are passed through a bath of cudbear.—*Prune de Monsieur:* The deep red is passed through an alkaline bath.—*Blues of every shade* are dyed with the indigo oat.—*Yellow:* After aluming with a bath of turmeric or woad. Other tints may be obtained by a mixture of the above dyes.

FEVER MEDICINE.

Ingredients: ¼ pint of camphor-water, 1½ oz. of mindeserous spirit, ½ oz. of sweet spirit of nitre, 2 lumps of loaf sugar.

Mode: Put these ingredients into a bottle, and mix them well by shaking. Give 2 tablespoonfuls of this mixture at bedtime for an adult, 1 for a child of twelve years, and half a teaspoonful for an infant.

FEVER MIXTURE.

Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre, in half a pint of water.

FEVERISH COLD, REMEDY FOR.

Keep in bed for the day, and take 2 tablespoonfuls of the following mixture three times in twenty-four hours:—*Mixture:* Add ½ oz. of powdered spermaceti, ⅛ oz. of nitre drops, and a little powdered white sugar, to 1½ pint of well-made barley-water. It will be

found of great benefit to put the feet in hot water into which a spoonful of mustard has been stirred, on going to bed.

FILBERTS, TO KEEP.

Select sound and very ripe filberts; take them from the husks, and put them into dry stone jars, which must be tied over with brown paper. If kept in a tolerably dry cellar, or any cool place, they will be good all the year. Filberts will not keep long with the husks upon them. They soon become mouldy, and have an unpleasant flavour. If, however, the husks be removed, as directed, when quite ripe, the nuts may be kept in a stone jar, tied over with brown paper, in any place whatever, not very dry or very damp. In this way we have kept them plump and fresh till the following summer. The Turkish mode of keeping filberts is to remove the husks when quite ripe, to rub the nut dry with a coarse cloth, then sprinkle a little salt in a stone jar, and place the filberts in layers, sprinkling a small quantity of salt between each layer. The jar to be set in a dry place.

FILTER.

Earthenware filters, properly constructed and ready for use, may be bought at so cheap a rate that, where they can be had, it would be folly to make any substitute. Where they cannot be obtained, however, a useful filter may be made out of any earthen vessel shaped as a garden-pot, by inserting a finely-perforated tile about two inches from the bottom, placing upon it a layer of charcoal four or five inches deep, and then a layer of clean sand of the same depth. Cover the whole with another piece of finely-perforated tile. Pour the water upon the top, and it will come out pure at the hole at the bottom of the pot.

FININGS FOR WINE.

Beat up to a froth three new-laid eggs with their shells. Draw off about a pint of the wine, and beat it in with them. Draw the bung, and while the egg is frothing, stir it gently into the cask at the bunghole, using a short stick so as to disperse it over the whole surface of the wine. The bung may be left out for a day or two, if necessary. These finings will be more effectual if a little isinglass be dissolved in the pint of wine before it is beaten up with the eggs.

FIRE ABOUT THE DRESS OR PERSON, TO EXTINGUISH.

Everybody knows by experience that draught takes an upward direction, and that all flames have consequently a tendency to rise. The first thing, therefore, to be done by those who have taken fire is to throw themselves down. If nothing is near to cover them, let them roll over and over to stifle the flames by their own weight; but if anything be fortunately at hand, a blanket, carpet, or rug, let them roll themselves up in it as tight as they can, so as to exclude all air, and compress the flames; the head, of course, must be left uncovered, or the confined smoke will cause suffocation. In all cases of fire, every moment is important. There is no time to run for assistance. It may be sought for by cries and screams, but the sufferer should never move about to seek for it. These plain directions in the case of fire ought to be well impressed upon the mind of every one. Accidents from fire to the person are so frequent and often so appalling, that every one ought to be taught what is best to be done.

FIRE IN HOUSES, &c., TO EXTINGUISH.

Houses, especially in crowded cities and towns, are so liable to take fire, that no house ought to be considered properly constructed which has not some means of escape for the inmates, either by a trap in the roof of easy access, or through garret-windows and along safe balconies to the roofs of other houses. And with these means of escape every one residing in the house ought to be familiar. On the first

alarm of fire, every inmate should be aroused, and while some are engaged in extinguishing the fire and endeavouring to save property, it should be the special object of one, at any rate, to take care that all are alive to the sense of real danger, and prepared to save themselves. Cut off all draught as much as possible by keeping doors and windows shut; collect all pails and other things that will serve as buckets; arrange a gang from the nearest pump, and pass on water from hand to hand, returning the empty buckets by the same means, so that a continuous supply may be poured upon the part on fire. If the fire has occurred at night-time, and the inmates are roused from bed with but little time to escape, let them use blankets and pieces of carpet as coverings, and without a moment's delay avail themselves of the readiest method of saving their lives. With a wet handkerchief before their mouths and eyes, and by crawling on their hands and knees, they may escape through such dense smoke as would be certain death if the attempt were made in any other way, for the lower part of a room is always more clear than the upper, and the wet handkerchief somewhat clears the way for them. Should it so happen that from the fierceness of the flames all other means are cut off, and no assistance is at hand, it is but the work of a moment, if any way practicable, to push the feather bed out of the window, tie the sheets and blankets together by the corners, and having made one end fast to the bed-post, to let oneself down to the ground.

FIRE, TO RELEASE ANIMALS IN CASE OF.

It is a well-known fact that animals, especially horses, are so stupefied at fire, that they will not only make no effort to move, but in general resist all attempts to make them move. Experience has proved that the only effectual plan to get horses out of a stable in case of fire, is to put their harness on, and when this is done they will quietly follow the groom. No time should be lost in carrying this plan into effect; if done in time, it has never been known to fail.

FIRE-IRONS, TO KEEP FROM RUST.

Polished fire-irons, when not in use, should be kept in baize bags; they may be smeared over with fresh mutton suet melted, and then dusted all over with powdered lime; or beat 2 drachms of thinly-sliced camphor into 3 lb. of fresh hog's lard till dissolved, adding as much black lead as will make the lard a slate-colour. Lay this mixture thickly over fire-irons, grate-fronts, or any polished steel, and they will never rust. The grease must be removed by washing with hot water, and the steel dried carefully.

FIREPROOF MORTAR.

Mix together, with the requisite quantity of water, two-thirds of the best lime and one-third of Smith's black dust. This is an excellent mortar to set fire-bricks at the backs of grates, &c.

FIREPROOF PAPER.

Drop the paper sheet by sheet into a weak solution of alum, and throw it over a line to dry. Try a small piece in the flame of a candle, and if not sufficiently prepared, dip and dry the sheets a second time. This preparation will render all textile fabrics inflammable.

FIREPROOFING FOR TEXTILE FABRICS.

A very excellent method of rendering textile fabrics fireproof without injuring their colour, whatever it may be, consists in dipping them in a solution containing 35 per cent. gum, 35 per cent. starch, and 30 per cent. of the compound which is obtained by dissolving superphosphate of lime, decomposing the salt by excess of ammonia, filtering, purifying with animal charcoal, concentrating by evaporation, decomposing with 5 per cent. silex, evaporating to a crystalline mass, and then drying and pulverizing.

FIRES, THE LIGHTING AND MANAGEMENT OF.

Fires in rooms of all kinds are common enough. No dwelling-houses, however poor their inmates, can, in this country, do without them, and any one would imagine that servants must have plenty of experience as to the best method of lighting them, and as to their after-management. And yet how very few servants can light a fire properly, or even light it at all without filling the room, and perhaps the whole house, with smoke. The great art in lighting a fire is to make the coals burn with the smallest amount of wood or kindling, as it is sometimes called, and without any injury or inconvenience of smoke. The whole matter depends entirely upon the way in which the fire is laid before the light is put to it. Instead of being laid forward on to the top bar of the grate, and so covered with fresh coal, that there is not the slightest room for draught up the chimney, the material should be laid in a sloping direction to the back of the grate, and piled up as a cone. The grate should be well cleared out from the bottom; the wood or kindling laid crossways upon it, cinders placed upon this, and some small pieces of fresh coal piled upon the cinders in such a way that there is a free passage for the smoke between all the material. If the grate has not had a fire in it for some time, it is an excellent plan to burn a piece of paper in it to warm the chimney, and secure an upward draught before attempting to light a fire. As a proper precaution against smoke, never set light to a fire without first opening the door of the room. Very often it may be desirable to open the window, for nothing should be left undone which can diminish the chance of smoke. There will be, however, but little fear of smoking, if the directions we have given be strictly attended to. There is another plan of lighting a fire, which is very economical and very useful also, where a fire is required to be kept burning for a long time in a room, for the purpose of airing it; but it does not answer where great warmth and a cheerful fire are the objects to be attained. The plan alluded to is to make a common grate answer for a time the purpose of a descending flue, and in lighting the fire at the top instead of, as is usual, at the bottom, to use the downward draught of the chimney for the purpose of very slow combustion. The fire is laid and lighted in the following manner:—Clear the grate of all cinders, put a sheet of thick brown paper closely over the bottom of it, and upon this fill it up with coal, level with the top bar. Upon the top of this bank of fresh coal light a small fire with a few shavings and cinders. This fire from the descending draught of the chimney will burn downwards; it must never be stirred, nor must fresh coal be added to it. Combustion will be very slow, and the fire will keep alight for a very long time—at any rate for twenty hours, and often for a much longer period. Upon the subject of the management of fires, we cannot do better than quote some very excellent remarks of a writer who, about the beginning of the present century, devoted much time and attention to matters of domestic economy. "Nothing," says Count Rumford, "can be more perfectly void of common sense, and wasteful and slovenly at the same time, than the manner in which chimney fires, and particularly where coals are burnt, are managed by servants. They throw on a load of coals at once, through which the flame is hours in making its way; and frequently it is not without much trouble that the fire is prevented from going quite out. During this time no heat is communicated to the room, and what is still worse, the throat of the chimney is occupied merely by a heavy dense vapour, not possessed of any considerable degree of heat, and consequently not having much elasticity. The current of warm air from the room which presses into the chimney, crosses upon the current of heavy smoke which rises slowly from the fire, obstructs it in its ascent, and beats it back into the

room; hence it is that chimneys so often smoke when too large a quantity of fresh coal is put upon the fire. So many coals should never be put upon the fire at once as to prevent the free passage of the flame between them. In short, a fire should never be smothered, and when proper attention is paid to the quantity of coal put on, there will be very little use for the poker; and this fact will contribute very much to cleanliness, and to the preservation of furniture. Those," he continues, "who have feeling enough to be made miserable by anything careless, slovenly, and wasteful, which happens under their eyes—who know what comfort is, and consequently are worthy of the enjoyment of a clean hearth and cheerful fire, should really either take the trouble themselves to manage their fires (which indeed would be rather an amusement to them than a trouble) or they should instruct their servants to manage them better." There can be no doubt that the too frequent use of the poker is not only very wasteful, as regards the coals, but causes a great deal of unnecessary dirt and dust in a room. With proper care in putting on coal and filling up a fire as it is needed, the use of the poker may, in a great measure, be dispensed with. Very few cinders will be made and a uniformly good fire maintained. If, however, the fire is suffered to get very low and burn hollow, it must of course be put together; and in this case all cinders and ashes should be put on with the shovel before fresh coal is added. It is an unneat plan, and always makes a bad fire, to put fresh coals on first, and then throw the cinders on the top of them. So, also, when wood is burnt, the fire should be stirred together, and the wood put on it before any fresh coals are added. A most delightful and cheerful fire is made with wood and coal; but there is no economy in the use of wood; it does not save the coal, but helps to burn it out much faster than when coal is used alone. Indeed, wood as fuel will hardly pay for the labour of cutting it up. Those to whom expense is any object had far better spend their money in coal than wood. It is not desirable to burn wood in bedrooms; the gas arising from it is very injurious to the eyes.

FISH, TO CHOOSE.

The eyes should be bright, the gills of a fine clear red, the body stiff, the flesh firm, yet elastic to the touch, and the smell not disagreeable.

FISH, TO PRESERVE THEM ALIVE FOR TRANSPORTING FROM PLACE TO PLACE.

Stop up the mouths of the fish with crumbs of bread steeped in brandy, and pour a very small quantity of brandy into them; pack them in clean straw. The fish will become quite torpid, and in this state may be kept ten or twelve days. When put into water they will gradually recover after three or four hours.

FITS.

Fits come on so suddenly, often without even the slightest warning, and may prove fatal so quickly, that all people should be acquainted at least with their leading symptoms and treatment, as a few moments, more or less, will often decide the question between life and death. The treatment, in very many cases at least, to be of the slightest use, should be *immediate*, as a person in a fit (of apoplexy, for instance) may die while a surgeon is being fetched from only the next street. As far as the fact of our editing a work for non-professional readers will permit, the reader will find in this volume the peculiar and distinctive symptoms of all kinds of fits, and the immediate treatment to be adopted in each case, under the different names, Apoplexy, Epilepsy, &c.

FIXTURES.

In houses held under lease, it has been the practice with landlords to lease the bare walls of the tenement only, leaving the lessee to put in the stoves, cupboards, and such other conveniences

as he requires, at his own option. These, except under particular circumstances, are the property of the lessee, and may either be sold to an incoming tenant, or removed at the end of his term. The articles which may not be removed are subject to considerable doubt, and are a fruitful source of dispute. Mr. Commissioner Fonblanque has defined as tenants' property all goods and chattels; secondly, all articles "slightly connected one with another, and with the freehold, but capable of being separated without materially injuring the freehold;" thirdly, articles fixed to the freehold by nails and screws, bolts or pegs, are also tenants' goods and chattels; but when sunk in the soil, or built on it, they are integral parts of the freehold, and cannot be removed. Thus, a greenhouse or conservatory attached to the house by the tenant is not removable; but the furnace and hot-water pipes by which it is heated may be removed or sold to the in-coming tenant. A brick flue does not come under the same category, but remains. Window-blinds, grates, stoves, coffee-mills, and, in a general sense, everything he has placed which can be removed without injury to the freehold, he may remove, if they are separated from the tenement during his term, and the place made good. It is not unusual to leave the fixtures in their place, with an undertaking from the landlord that, when again let, the in-coming tenant shall pay for them, or permit their removal. In a recent case, however, a tenant having held over beyond his term and not removed his fixtures, the landlord let the premises to a new tenant, who entered into possession, and would not allow the fixtures to be removed—it was held by the courts, on trial, that he was justified. A similar case occurred to the writer: he left his fixtures in the house, taking a letter from the landlord, undertaking that the in-coming tenant should pay for them by valuation, or permit their removal. The house was let; the landlord died. His executors, on being applied to, pleaded ignorance, as did the tenant, and on being furnished with a copy of the letter, the executors told applicant that if he was aggrieved, he knew his remedy; namely, an action at law. He thought the first loss the least, and has not altered his opinion.

FLATNESS IN WINE, TO REMOVE.

This is best done by the addition of a little new brisk wine of the same kind; or by mixing in 2 or 3 lb. of honey, or bruised sultana raisins, and 3 or 4 quarts of good brandy per hogshead. By this treatment the wine will usually be recovered in about a fortnight, unless in very cold weather. Should it be wanted sooner, add a tablespoonful or two of yeast, and remove the cask to a warmer situation.

FLEAS.

These pests in dogs are effectually prevented by providing the animals with fresh deal shavings for their beds. These beds, which dogs delight in, should be renewed about once a month. Every house dog should be washed, at any rate, once every week with warm water and soft soap. If the fleas are very abundant, the skin should be dressed once or twice with Keating's powder.

FLESH-COLOUR, DYE FOR SILK STOCKINGS, &c.

Wash your stockings clean in soap-and-water, then rinse them in hot water; if they should not then appear perfectly clean, cut ½ oz. of white soap into thin slices, and put it into a saucepan half full of boiling water; when this soap is dissolved, cool the water in a pan, then put in the stockings, and boil them twenty minutes; take them out, and rinse them in hot water; in the interim, pour three tablespoonfuls of purple archil into a wash-hand basin half full of hot water; put the stockings in this dye-water, and when of the shade called half-violet or lilac, take them from the dye-water, and slightly rinse them in cold water; when dry, hang them in a close room, in which

burn some sulphur; when they are evenly bleached to the shade required of flesh-colour, take them from the sulphuring-room, and finish them by rubbing the right side with a clean flannel. Some persons calender them afterwards. Satins and silks are done just the same way.

FLESH-WORMS ON THE SKIN.

When black spots ("flesh-worms," as they are called) become troublesome, it would be advisable to adopt the following remedy, which, though simple, is very efficacious. Mix some flour of sulphur in a little milk; let it stand for a couple of hours; and then, without disturbing the sulphur, use the milk as a lotion, to be well rubbed into the skin with a towel. Almost immediately afterwards, the skin may be washed with soap and cold water. Cold cream should be rubbed in at bedtime. The spots will shortly disappear.

FLIES.

Both the common fly and the blow-fly are great pests in houses. Much damage may be prevented by destroying them at the proper season. Kill all you can in winter and early spring, and as soon as swarms appear in the windows, sweep them with a soft brush into a basin of boiling water. Fly-papers sold by chemists and most grocers are very useful, and should be strewed about when flies abound. It is not safe to use any poisonous liquid to destroy flies; they may dip their feet only in it, and carry it where it may do harm. The following composition is efficacious, and can be used without fear of injury:—Mix well together 1 teaspoonful of black pepper, 2 teaspoonfuls of moist sugar, and 2 tablespoonfuls of cream; place a little of it in a saucer where flies abound. No flies will come near any place where creosote is kept. Common pyroligneous acid will answer the same purpose.

FLIES (to prevent them settling on Pictures, Picture-frames, and other Furniture).

Soak a large bundle of leeks for five or six days in a pail of water, and then wash the pictures, &c. with it.

FLOOR-BOARDS.

Much inconvenience is often experienced in houses from the imperfect way in which floor-boards are laid down in rooms; not unfrequently the openings between the boards are so wide, and the draught comes up with such force, that in wintry weather the whole carpet is in a state of agitation. The boards were close when the floor was first laid, and the fault is generally considered to rest altogether with the builder, who is accused of having made use of unseasoned timber. The fact is, that however well seasoned the timber, floor-boards will always get away from each other in process of time, unless they are properly laid down. If floor-boards that have been in use a hundred years were taken up, their edges fresh planed, and then laid down again as close to each other as nails can hold them, they would in a few years show chinks. The whole fault is in planing the edges. The edges of floor-boards should be left as rough as the saw cuts them, and then when laid down close, if well seasoned, they will never open. This is a simple fact not generally known to builders or architects, or, if known, generally lost sight of in flooring rooms. To remedy the evil after the floor is laid, the best plan is to have thin strips of wood, brushed with hot glue on both sides, placed in the cracks and well hammered in; some persons recommend for this purpose the use of gutta-percha, which should be warmed, and with a heated iron pointed along the joints: care must be taken to keep the joint level with the rest of the flooring. When the less expensive process of wood-stopping is used, the joints can be planed over, and the whole flooring made as even as one board.

FLOOR-CLOTHS, TO CLEAN.

Floor-cloths are best kept in order by dusting them with a brush, and gently rubbing them with a waxed flannel. When washing is necessary, it

should be done by gently wiping the surface with a soft flannel dipped in skim milk; on no account should hot water, soap, or a scrub-brush be used to floor-cloths: milk gives a most beautiful polish; waxed flannel in general produces an unpleasant slipperiness, which is not the case with the milk.

FLOORING, CHEAP AND GOOD, FOR SHEDS, BARNS, MALT-HOUSES, &c.

Take two-thirds of lime, and one-third of coal ashes well sifted, and about half this quantity of good loamy clay. Mix all well together, and make it into a mortar with clean water, tempering it well. Let it lie in a heap for eight or ten days, then temper it again. Leave it in a heap for three or four days longer, and repeat the tempering, beating it well, and working it till it becomes quite smooth, tough, and gluey. In this state it is fit for use; and the groundwork being levelled, it may be spread on with a shovel, and smoothed with a trowel, so as to leave an even coating about 3 in. thick. This operation should be performed in dry, hot weather, when the clay would set, and the flooring become as hard as a stone.

FLOORS AND COARSE ARTICLES OF WOOD, TO CLEAN.

Materials: 1 lb. of slaked lime, 1 lb. of soda, 6 quarts of water.—*Mode:* Boil the ingredients in the water for two hours, let the water settle, and strain it. Use the liquid warm and wash the floors, &c., with it with a flannel.

FLOWERS, TO REVIVE WHEN WITHERED.

Plunge the stems into boiling water, and keep them there till the water is cold. They will quite revive. The stems may then be cut, and the flowers put to stand in cold water.

FLUID HAIR-DYE.

Ingredients: 1 pint of red wine, 1 drachm of common salt, 2 drachms of sulphate of iron, 1 drachm of oxide of copper, 2 drachms of powdered galls.—*Mode:* Boil the wine, salt, and sulphate of iron for three or four minutes, then add the oxide of copper; replace the vessel on the fire for two minutes; remove it, and stir in the powdered galls. When quite cold, strain it. Before using the dye, wash the hair well in plain tepid water, then soak it thoroughly with the dye. Leave it for a few minutes, and then rub the hair quite dry with warm linen towels.

FLY-SPOTS, TO REMOVE.

Dip a camel-hair brush into spirits of wine, and apply it to remove fly-marks. Care is required in the use of this remedy, as the spirits of wine will injure many materials.

FLY-WATER.

Dissolve 2 drachms of extract of quassia in half a pint of barley-water; add a teaspoonful of moist sugar, and set the mixture about in plates or saucers where flies abound.

FOMENTATION FOR ACUTE PAIN.

Take 2 oz. of poppy-heads bruised, ½ oz. of elder-flowers, 3 pints of water; let them boil for fifteen minutes, then strain off the liquor. Steep flannels in it, and apply them quite hot to the part affected.

FOMENTATION FOR STOMACH-ACHE.

Mix mustard and hot water in the proportion of two tablespoonfuls of mustard to a quart of water. Apply this fomentation with flannel.

FOMENTATIONS

Are generally used to effect, in a part, the benefit produced on the whole body by the bath; to which a sedative action is occasionally given by the use of roots, herbs, or other ingredients; the object being to relieve the internal organ, as the throat, or muscles round a joint, by exciting a greater flow of blood to the skin *over* the affected part. As the real agent of relief is heat, the fomentation should

always be as hot as it can comfortably be borne, and, to insure effect, should be repeated every half-hour. Warm fluids are applied in order to render the swelling which accompanies inflammation less painful, by the greater readiness with which the skin yields, than when it is harsh and dry. They are of various kinds; but the most simple, and oftentimes the most useful, that can be employed, is "Warm Water." Another kind of fomentation is composed of dried poppy-heads, 4 oz. Break them to pieces, empty out the seeds, put them into 4 pints of water, boil for a quarter of an hour; then strain through a cloth or sieve, and keep the water for use. Or, camomile-flowers, hemlock, and many other plants, may be boiled, and the part fomented with the hot liquor, by means of flannels wetted with the decoction.

Cold, when applied in excess to the body, drives the blood from the surface to the centre, reduces the pulse, makes the breathing hard and difficult, produces coma, and, if long continued, death; but when medicinally used, it excites a reaction on the surface equivalent to a stimulating effect; as in some cases of fever, when the body has been sponged with cold water, it excites, by reaction, increased circulation on the skin. Cold is sometimes used to keep up a repellent action, as, when local inflammation takes place, a remedy is applied, which, by its benumbing and astringent effect, causes the blood, or the excess of it in the part, to recede, and, by contracting the vessels, prevents the return of any undue quantity, till the affected part recovers its tone. Such remedies are called *Lotions*, and should, when used, be applied with the same persistency as the fomentation; for, as the latter should be renewed as often as the heat passes off, so the former should be applied as often as the heat from the skin deprives the application of its cold.

Poultices are only another form of fomentation, though chiefly used for abscesses. The ingredient best suited for a poultice is that which retains heat the longest: of these ingredients, the best are linseed-meal, bran, and bread. Bran sewed into a bag, as it can be reheated, will be found the cleanest and most useful; especially for sore throats.

FOOTMAN, DUTIES OF THE.

Where a single footman, or odd man, is the only male servant, then, whatever his ostensible position, he is required to make himself generally useful. He has to clean the knives and shoes, the furniture, the plate; answer the visitors who call, the drawing-room and parlour bells, and do all the errands. His life is no sinecure; and a methodical arrangement of his time will be necessary in order to perform his many duties with any satisfaction to himself or his master.

The footman only finds himself in stockings, shoes, and washing. Where silk stockings, or other extra articles of linen are worn, they are found by the family, as well as his livery, a working dress, consisting of a pair of overalls, a waistcoat, a fustian jacket, with a white or jean one for times when he is liable to be called to answer the door or wait at breakfast; and, on quitting the service, he is expected to leave behind him any livery had within six months.

The footman is expected to rise early, in order to get through all his dirty work before the family are stirring. Boots and shoes, and knives and forks, should be cleaned, lamps in use trimmed, his master's clothes brushed, the furniture rubbed over; so that he may put aside his working-dress, tidy himself, and appear in a clean jean jacket to lay the cloth and prepare breakfast for the family.

Having got through his dirty work, the single footman has now to clean himself and prepare the breakfast. He lays the cloth on the table; over it the breakfast-cloth, and sets the breakfast things in order, and then proceeds to wait upon his master, if he has any of the duties of a valet to perform.

Where a valet is not kept, a portion of his duties falls to the footman's share —brushing the clothes among others.

When the hat is silk, it requires brushing every day with a soft brush; after rain, it requires wiping the way of the nap before drying, and, when nearly dry, brushing with the soft brush and with the hat-stick in it. If the footman is required to perform any part of a valet's duties, he will have to see that the housemaid lights a fire in the dressing-room in due time; that the room is dusted and cleaned; that the wash-hand-ewer is filled with soft water; and that the bath, whether hot or cold, is ready when required; that towels are at hand; that hair-brushes and combs are properly cleansed, and in their places; that hot water is ready at the hour ordered; the dressing-gown and slippers in their place, the clean linen aired, and the clothes to be worn for the day in their proper places. After the master has dressed, it will be the footman's duty to restore everything to its place properly cleansed and dry, and the whole restored to order.

At breakfast, when there is no butler, the footman carries up the tea-urn, and, assisted by the housemaid, waits during breakfast. Breakfast over, he removes the tray and other things off the table, folds up the breakfast-cloth, and sets the room in order, by sweeping up all crumbs, shaking the cloth, and laying it on the table again, making up the fire, and sweeping up the hearth.

At luncheon-time nearly the same routine is observed, except where the footman is either out with the carriage or away on other business, when, in the absence of any butler, the housemaid must assist.

For dinner, the footman lays the cloth, taking care that the table is not too near the fire, if there is one, and that passage-room is left. A table-cloth should be laid without a wrinkle; and this requires two persons: over this the slips are laid, which are usually removed preparatory to placing dessert on the table. He prepares knives, forks, and glasses, with five or six plates for each person. This done, he places chairs enough for the party, distributing them equally on each side of the table, and opposite to each

Footman, Duties of the.

a napkin neatly folded, within it a piece of bread or small roll, and a knife on the right side of each plate, a fork on the left, and a carving-knife and fork at the top and bottom of the table, outside the others, with the rests opposite to them, and a gravy-spoon beside the knife. The fish-slice should be at the top, where the lady of the house, with the assistance of the gentleman next to her, divides the fish, and the soup-ladle at the bottom; it is sometimes usual to add a dessert-knife and fork; at the same time, on the right side also of each plate, put a wineglass for as many kinds of wines as it is intended to hand round, and a finger-glass or glass-cooler about four inches from the edge. The latter are frequently put on the table with the dessert.

About half an hour before dinner, he rings the dinner-bell, where that is the practice, and occupies himself with carrying up everything he is likely to require. At the expiration of the time, having communicated with the cook, he rings the real dinner-bell, and proceeds to take it up with such assistance as he can obtain. Having ascertained that all is in order, that his own dress is clean and presentable, and his white cotton gloves are without a stain, he announces in the drawing-room that dinner is served, and stands respectfully by the door until the company are seated: he places himself on the left, behind his master, who is to distribute the soup; where soup and fish are served together, his place will be at his mistress's left hand; but he must be on the alert to see that whoever is assisting him, whether male or female, are at their posts. If any of the guests has brought his own servant with him, his place is behind his master's chair, rendering such assistance to others as he can, while attending to his master's wants throughout the dinner, so that every guest has what he requires. This necessitates both activity and intelligence, and should be done without bustle, without asking any questions, except where it is the custom of the house to hand round dishes or wine, when it will

be necessary to mention, in a quiet and unobtrusive manner, the dish or wine you present.

Salt-cellars should be placed on the table in number sufficient for the guests, so that each may help himself, or, at least, his immediate neighbours.

While attentive to all, the footman should be obtrusive to none; he should give nothing but on a waiter, and always hand it with the left hand and on the left side of the person he serves, and hold it so that the guest may take it with ease. In lifting dishes from the table, he should use both hands, and remove them with care, so that nothing is spilt on the table-cloth or on the dresses of the guests.

Masters as well as servants sometimes make mistakes; but it is not expected that a servant will correct any omissions, even if he should have time to notice them, although with the best intentions: thus it would not be correct, for instance, if he observed that his master took wine with the ladies, as some gentlemen still continue to do, but omitted some one,—to nudge him on the shoulder and say, as was done by the servant of a Scottish gentleman, "What ails you at her in the green gown?" It will be better to leave the lady unnoticed than for the servant thus to turn his master into ridicule.

During dinner each person's knife, fork, plate, and spoon should be changed as soon as he has done with it; the vegetables and sauces belonging to the different dishes presented without remark to the guests; and the footman should tread lightly in moving round, and, if possible, should bear in mind, if there is a wit or humorist of the party, whose good things keep the table in a roar, that they are not expected to reach his ears.

In opening wine, let it be done quietly, and without shaking the bottle; if crusted, let it be inclined to the crusted side, and decanted while in that position. In opening champagne, it is not necessary to discharge it with a pop; properly cooled, the cork is easily extracted without an explosion; when the cork is out, the mouth of the bottle should be wiped with the napkin over the footman's arm.

Footman, Duties of the.

At the end of the first course, notice is conveyed to the cook, who is waiting to send up the second, which is introduced in the same way as before; the attendants who remove the fragments, carrying the dishes from the kitchen, and handing them to the footman or butler, whose duty it is to arrange them on the table. After dinner, the dessert-glasses and wines are placed on the table by the footman, who places himself behind his master's chair, to supply wine and hand round the ices and other refreshments, all other servants leaving the room.

As soon as the drawing-room bell rings for tea, the footman enters with the tray, which has been previously prepared; hands the tray round to the company, with cream and sugar, the tea and coffee being generally poured out, while another attendant hands cakes, toast, or biscuits. If it is an ordinary family party, where this social meal is prepared by the mistress, he carries the urn or kettle, as the case may be; hands round the toast, or such other eatable as may be required, removing the whole in the same manner when tea is over.

After each meal, the footman's place is in his pantry: here perfect order should prevail—a place for everything, and everything in its place. A sink, with hot and cold water laid on, is very desirable—cold absolutely necessary. Wooden bowls or tubs of sufficient capacity are required, one for hot and another for cold water. Have the bowl three parts full of clean hot water; in this wash all plate and plated articles which are greasy, wiping them before cleaning with the brush.

The footman in small families, where only one man is kept, has many of the duties of the upper servants to perform as well as his own, and more constant occupation; he will also have the arrangement of his time more immediately under his own control and he will

do well to reduce it to a methodical division. All his rough work should be done before breakfast is ready, when he must appear clean, and in a presentable state. After breakfast, when everything belonging to his pantry is cleaned and put in its place, the furniture in the dining and drawing-rooms requires rubbing. Towards noon, the parlour luncheon is to be prepared; and he must be at his mistress's disposal to go out with the carriage, or follow her if she walks out.

Glass is a beautiful and most fragile article: hence it requires great care in washing. A perfectly clean wooden bowl is best for this operation, one for moderately hot and another for cold water. Wash the glasses well in the first and rinse them in the second, and turn them down on a linen cloth folded two or three times, to drain for a few minutes. When sufficiently drained, wipe them with a cloth and polish with a finer one, doing so tenderly and carefully.

Decanters and water-jugs require still more tender treatment in cleaning, inasmuch as they are more costly to replace. Fill them about two-thirds with hot but not boiling water, and put in a few pieces of well-soaped brown paper; leave them thus for two or three hours; then shake the water up and down in the decanters; empty this out, rinse them well with clean cold water, and put them in a rack to drain. When dry, polish them outside and inside, as far as possible, with a fine cloth. To remove the crust of port or other wines, add a little muriatic acid to the water, and let it remain for some time.

When required to go out with the carriage, it is the footman's duty to see that it has come to the door perfectly clean, and that the glasses, and sashes, and linings are free from dust. In receiving messages at the carriage door, he should turn his ear to the speaker, so as to comprehend what is said, in order that he may give his directions to the coachman clearly. When the house he is to call at is reached, he should knock, and return to the carriage for orders. In closing the door upon the family, he should see that the handle is securely turned, and that no part of the ladies' dress is shut in.

It is the footman's duty to carry messages or letters for his master or mistress to their friends, to the post, or to the tradespeople; and nothing is more importent than dispatch and exactness in doing so, although writing even the simplest message is now the ordinary and very proper practice. Dean Swift, among his other quaint directions, all of which are to be read by contraries, recommends a perusal of all such epistles, in order that you may be the more able to fulfil your duty to your master. An old lady of Forfarshire had one of those odd old Caleb Balderston sort of servants, who construed the Dean of St. Patrick's more literally. On one occasion, when dispatch was of some importance, knowing his inquiring nature, she called her Scotch Paul Pry to her, opened the note, and read it to him herself, saying, "Now, Andrew, you ken a' aboot it, and needna' stop to open and read it, but just take it at once." Probably most of the notes you are expected to carry might, with equal harmlessness, be communicated to you; but it will be better not to take so lively an interest in your mistress's affairs.

Politeness and civility to visitors is one of the things masters and mistresses have a right to expect, and should exact rigorously. When visitors present themselves, the servant charged with the duty of opening the door will open it promptly, and answer, without hesitation, if the family are "not at home," or "engaged;" which generally means the same thing, and might be oftener used with advantage to morals. On the contrary, if he has no such orders, he will answer affirmatively, open the door wide to admit them, and precede them to open the door of the drawing-room. If the family are not there, he will place chairs for them, open the blinds (if the room is too dark), and intimate civilly that he goes to inform his mistress. If the lady is

in her drawing-room, he announces the name of the visitors, having previously acquainted himself with it. In this part of his duty it is necessary to be very careful to repeat the names correctly; mispronouncing names is very apt to give offence, and leads sometimes to other disagreeables. The writer was once initiated into some of the secrets on the "other side" of a legal affair in which he took an interest, before he could correct a mistake made by the servant in announcing him. When the visitor is departing, the servant should be at hand, ready, when rung for, to open the door; he should open it with a respectful manner, and close it gently when the visitors are fairly beyond the threshold. When several visitors arrive together, he should take care not to mix up the different names together, where they belong to the same family, as Mr., Mrs., and Miss; if they are strangers, he should announce each as distinctly as possible.

Receptions and Evening Parties.—The drawing-rooms being prepared, the card-tables laid out with cards and counters, and such other arrangements as are necessary, made for the reception of the company, the rooms should be lighted up as the hour appointed approaches. Attendants in the drawing-room, even more than in the dining-room, should move about actively but noiselessly; no creaking of shoes, which is an abomination; watching the lights from time to time, so as to keep up their brilliancy. But even if the attendant likes a game of cribbage or whist himself, he must not interfere in his master or mistress's game, nor even seem to take an interest in it. We once knew a lady who had a footman, and both were fond of a game of cribbage,—John in the kitchen, the lady in her drawing-room. The lady was a giver of evening parties, where she frequently enjoyed her favourite amusement. While handing about the tea and toast, John could not always suppress his disgust at her mistakes. "There is more in that hand, ma'am," he has been known to say; or "Ma'am, you forgot to count his nob;" in fact, he identified himself with his mistress's game, and would have lost twenty places rather than witness a miscount. It is not necessary to adopt his example on this point, although John had many qualities a good servant might copy with advantage.

FOOT-ROT IN SHEEP.

Clean the foot well, and pare off all decayed parts of the hoof and frog, taking care not to draw blood. Mix equal quantities of powdered sulphate and acetate of copper to a paste with crab verjuice, and then dress the foot with this every other day. Keep the foot in a gutta-percha boot till quite well.

FOOT SPRAINS.

The instep is very liable to be sprained, and so indeed are other parts of the foot. Whenever sprains occur, let the following simple remedy be tried, as it will frequently give relief. Grease the thumbs of both hands, or dip them in any soap liniment; then slide the fingers of each hand under the foot, at the same time press the sprained part with the thumbs as they move along. Continue this for a quarter of an hour, and, if necessary, repeat the operation; increase the pressure of the thumbs very gradually, especially if there is much pain.

FOUL ROOMS, TO PURIFY.

Burnett's disinfecting fluid is one of the safest and best preparations to purify rooms after fever or other disagreeables. It is a very cheap disinfectant, and a shilling bottle of it should be kept in every house. It should be mixed with water according to the directions given, and set about the rooms in shallow saucers; or rags should be steeped in the solution, and hung about the rooms for the air to pass over them: when dry they should be re-wetted. Chloride of lime in saucers will answer the same purpose. Foul rooms may also be speedily and effectually purified

by fumigation. The following is an easy method:—Mix together in a saucer one tablespoonful of common salt and a large teaspoonful of powdered manganese. Take a quarter of a wineglass of strong vitriolic acid, and pour a little at different intervals on the powder: on each occasion fumes will arise which will effectually counteract all injurious vapour that may be floating in the air of the room. It may be well to remove all gilt and metal ornaments.

FRAMING FOR PRINTS AND DRAWINGS.

By means of strong gum-water, fix the print or drawing to a piece of thin board or millboard, of the same size; procure a sheet of glass exactly the size of the board, and bind over the edges of the print, millboard, and glass all round with coarse brown paper in narrow strips; cover the brown paper with a neat border of gold paper, and the framing will be complete.

FRECKLES, TO REMOVE.

Make a pint of very thick barley-water, add to it a pint of elder-flower-water and a pint of spirits of wine. Wash frequently with this lotion the parts where freckles abound, and they will gradually disappear.

Another Recipe.—Ingredients: ¼ lb. of shelled almonds, 1 oz. of acetate of lead, 1¾ pint of water, ¾ pint of any spirit, gin, &c., ½ drachm of essence of lavender, ½ drachm of essence of neroli. Blanch and pound the almonds in a mortar, reducing them to a fine milky substance by gradually working in the acetate of lead and the water. Then strain the mixture and stir in the spirit, flavouring with the essences. Apply this to the face, &c., with a piece of sponge. Take care that it does not enter the eyes.

Another.—Rectified spirits of wine, 1 oz.; water, 8 oz.; ½ oz. of orange-flower-water, or 1 oz. of rosewater; diluted muriatic acid, a teaspoonful. Mix. To be used after washing.

Another.—Mix 2 oz. of rectified spirits of wine, add 2 teaspoonfuls of muriatic acid, with 1½ lb. of distilled water.

FREEZING MIXTURES.

1. Sal-ammoniac, 5 parts; nitre of potash, 5 parts; water, 16 parts. Thermometer sinks from 50° to 10°.—2. Sal-ammoniac, 5 parts; nitrate of potash, 5 parts; Glauber's salts, 8 parts; water, 16 parts. Thermometer sinks from 50° to 4°.—3. Glauber's salts, 6 parts; sal-ammoniac, 4 parts; nitrate of potash, 2 parts; dilute nitric acid, 4 parts. Thermometer sinks from 50° to 10°.

FRENCH MILK OF ROSES.

Ingredients: 2½ pints of rosewater, ½ pint of rosemary-water, 2 oz. of tincture of storan, 2 oz. of tincture of benzoin, ½ oz. of esprit de rose.—*Mode:* First mix the rosewater and the rosemary-water, and then add the other ingredients. This is a useful wash for the complexion.

FRENCH POLISH.

Ingredients: 1 pint of rectified spirits of wine, 2 oz. of seed-lac, 1 oz. of shellac, 1 oz. of gum-sandarac, 1 oz. of gum-copal, 1 oz. of camphor.—*Mode:* Pound the materials requiring it, put all into a stone bottle till dissolved. Spread a small quantity on the wood to be polished, and rub it off immediately with soft rags; repeat the process till a beautiful polish is attained. Do about a square foot of surface at a time.

Another Recipe.—Naphtha, 1 quart; shellac, 6 oz.; sandarac, 2 oz. Powder the gums, and mix the same as with spirits of wine. To be used in the ordinary way, and cleared off with pure naphtha.

Another.—To 1 pint of spirits of wine, add ¼ oz. of gum-copal, ¼ oz. of gum-arabic, and 1 oz. of shellac. Let the gums be well bruised, and sifted through a piece of muslin. Put the spirits and the gums together in a vessel that can be closely corked; place them near a warm stove, and frequently shake them; in two or three days they

will be dissolved; strain the mixture through a piece of muslin, and keep it tightly corked for use.

FRENCH POLISHING.

All the polishes are used much in the same way. If the work be porous, or of a coarse grain, it will be necessary to give it a coat of clear size first. When this is dry, go over it gently with fine glass-paper. The size will fill up the pores and prevent the waste of polish. It will also save much time in the operation. When the wood has been carefully prepared, provide the required polish, according to recipe: also a rubber made of a strip of thick woollen cloth torn off so as to leave a soft edge, and rolled up to form a coil from one to three inches in diameter, according to the size of the work. Apply the polish to the rubber by putting the neck of the bottle to the flat side and shaking it up against it. The rubber must then be enclosed in a soft linen cloth doubled, the rest of the cloth being gathered up at the back to form a handle. Moisten the face of the linen with a little raw linseed-oil applied with the finger to the middle of it. Place the work to be polished, which should be finished off as smooth as possible, opposite the light, pass the rubber quickly and lightly over the surface until the varnish becomes nearly dry; then charge the rubber with polish as before, but do not oil it; repeat the rubbing till three coats are laid on; then oil the rubber and lay on two coats more. After this, wet the linen cloth with spirits of wine before applying more varnish, and rub the surface quickly with this. Lastly, wet it with a little oil and spirits of wine, using no more varnish, and rub the work till dry. In the operation of polishing, it is desirable to apply the rubber to the work in a circular direction, observing not to do more than a square foot at a time. Rub lightly till the whole surface is covered. Repeat the operation three or four times, according to the texture of the wood. Be careful not to put too much polish on at a time, and to keep the work free from dust during the operation.

FRENCH VARNISH FOR BOOTS AND SHOES.

Ingredients: ¾ pint of spirits of wine, 5 pints of any cheap white wine, ½ lb. of gum-senegal powdered, 6 oz. of loaf sugar, 2 oz. of powdered galls, 4 oz. of green copperas, ½ pint of strong decoction of logwood.—*Mode:* Dissolve the sugar and gum in the white wine, and afterwards strain it into a pipkin; add the spirits of wine; set the pipkin over a slow fire; let the contents get quite hot, but be very careful that it does not boil. Put in the galls, copperas, and logwood, and continue stirring it on the fire for five minutes. When somewhat cool, pass it through a muslin strainer, and bottle it for use. Apply it to the leather with a soft brush, and leave it to dry.

FRESH-BLOWN FLOWERS IN WINTER.

Choose some of the most perfect buds of the flowers you wish to preserve, such as are latest in blooming and are ready to open; cut them off with a pair of scissors, leaving to each, if possible, a piece of stem about three inches long; cover the end of the stem immediately with sealing-wax, and when the buds are a little shrunk and wrinkled, wrap each of them up separately in a piece of paper, perfectly clean and dry; then lock them up in a dry box or drawer, and they will keep without corrupting. In winter, or at any time, when you would have the flowers blow, take the buds at night and cut off the end of the stem sealed with wax, and put the buds into water wherein a little nitre of salt has been diffused; the next day you will have the pleasure of seeing the buds open and expand themselves, and the flowers display their most lovely colours and breathe their agreeable odours.

FRESH PROVISIONS, TO PRESERVE.

Let the substance to be preserved be

first somewhat parboiled, the bones being previously removed. Then put the meat into a tin cylinder, fill up the vessel with broth, and solder on the lid, in which there must be made a small hole. When this has been done, let the tin vessel thus prepared be placed in water, and heated to the boiling point, to complete the cooking of the meat; the hole of the lid is now to be closed with solder while the air is rushing out. The vessel must then be allowed to cool, and from the diminution of volume in the contents, in consequence of the reduction of temperature, both ends of the cylinder are pressed inward and become concave. All kinds of animal food may be preserved in this way,—beef, mutton, veal, and poultry, roasted and boiled.

FROST-BITES.

Keep the patient away from the fire; administer some warm brandy-and-water, or other stimulants; rub the parts frost-bitten with snow until circulation in some degree returns; then use dry rough cloths and warm flannels.

FROSTED MEAT.

Meat should never be suffered to become frosted, as the flavour is very much destroyed by it, and any attempt at roasting a joint of meat while frosted is a perfect failure. If it is only slightly touched by the frost, it may, perhaps, be sufficient to leave the joint in a warm kitchen for an hour or two before it is put down to the fire; but if the frost has at all penetrated the meat, the best plan is to soak it in cold water for two or three hours, or until it appears perfectly thawed. Vegetables also in frosty weather should be treated in the same way. They will not boil properly unless thawed first.

FRUIT-ROOM.

Where a fruit-room can be constructed and arranged in the manner most likely to accomplish the object desired, the following provisions should be carefully attended to:—

If the place to be built for a fruit-room be above ground, and not a dark, dry, well-aired vault, as is often recommended, a north aspect must be selected; and if the room be on the top story, the roof of it should slope towards the north. The best possible covering for a fruit-room is thatch; but if this cannot be managed, or from any cause is deemed objectionable, let the roof be double: also, the outer walls of the room should be hollow; for, with a double roof and hollow walls, the liability to injury from frost will be considerably diminished. Though the fruit-room should for the most part be kept dark, it is desirable that there should be one or two small windows in it, and some good and simple method of ventilation, so that on dry days, and whenever necessary, the atmosphere may be completely changed. This is most important; for though it is not desirable to admit air unless needed, ventilation must never be neglected when the exhalations from the fruit have in any degree tainted the air of the room. Whenever there is a strong smell in the fruit-room, we may be quite sure that something is wrong.

Let us suppose, then, a fruit-room so situated as described, with a north aspect, properly roofed and ventilated, and of convenient dimensions for the size of the garden. We will say, that in shape it is a parallelogram, with its door or entrance in one of the shorter sides. A very important question now occurs. How can such a place be best and most conveniently fitted up? The centre should be occupied by a dresser running lengthways to the extreme end of the room. This will be useful for resting or landing the baskets of fruit, as soon as they are brought in from the orchard or garden. The underneath part of the dresser should be fitted up with drawers on one or both sides, according to the width of it, and the top provided with a ledge about two inches deep on all sides, to prevent any fruit that may be laid upon it from falling off. The depth of the drawers may vary according to circumstances—some

may be deep for storing very dry fruit one upon another; others shallow, for fruit in single layers. The sides of the room also may be fitted up in the same manner.

FRUIT STAINS, TO REMOVE FROM LINEN.

Moisten the stained places with a little water; then hold them over a lighted brimstone match in such a way that they catch the fumes without burning. The stains will yield to the fumes, and may be washed out. Avoid soap before the remedy is applied.

FRUIT-TREES, TO CLEAR FROM INSECTS.

In three or four gallons of water, mix ½ lb. of tobacco, ¼ lb. of sulphur, ¼ peck of unslaked lime. Syringe the trees well with this mixture, and it will effectually destroy blight.

FUMIGATION OF HOUSES AND ROOMS, IN INFECTIOUS DISEASES.

Take 6 drachms of powdered nitre, and the same quantity of oil of vitriol; mix them together (after heating the nitre by placing the vessel on the hearth), gradually stirring the mixture with a stick all the time. The vapour rises immediately. To thoroughly disinfect a room after fever, shut up one or two plates of the above in it, well closing the doors and windows. Remove all articles of polished steel.

FUMIGATION OF PLANTS.

Tobacco-smoke is the best thing to be made use of to fumigate plants. A few plants in a one-light box, or under a handglass, may easily be fumigated by means of a little tobacco wrapped up in match-paper, which is lighted at one end and put into the frame, which must be covered over with a wetted mat to keep in the smoke. A large house will require a different treatment. The best plan is to take one or more garden-pots, according to the size of the house, and having drilled a hole in the side, about an inch from the bottom, to put a red-hot heater into each pot, and sprinkle lightly some tobacco on the top of it. If the smoke does not come out fast enough, a pair of bellows may be gently applied to the hole. Tobacco-paper, which may be bought of any seedsman, is much more economical than tobacco, and quite as efficacious.

FURNITURE PASTE.

Scrape 2 oz. of beeswax into a pot or basin, then add as much spirits of turpentine as will moisten it thoroughly; at the same time powder an eighth part of an ounce of resin, and add to it when dissolved to the consistence of paste, as much Indian red as will bring it to a deep mahogany-colour; stir it up, and it will be fit for use.

FURNITURE POLISH.

Ingredients: ½ oz. of gum-arabic, 4 tablespoonfuls of vinegar, 1 pint of cold linseed-oil, 1 oz. of turpentine.—*Mode:* Dissolve the gum in the vinegar, and mix in the other ingredients; spread this mixture over the furniture, let it remain for twelve hours, then rub it off with soft linen cloths, and repeat the process till a good polish is obtained.

Another, for mahogany dining-tables. —*Ingredients:* 1 pint of cold-drawn linseed-oil, fourpennyworth of alkanet-root, twopennyworth of rose-pink.—*Mode:* Mix these well together, stirring them frequently, for twelve hours, with a piece of rag; rub some of it all over the surface of the table, and, after an hour or two, polish it off with soft linen cloths. This, if repeated, will give a deep fine colouring to the mahogany.

Another.—Ingredients: 1 part of alkanet-root, 6 parts of linseed-oil, 6 parts of turpentine, 1 part of resin, and 16 parts of beeswax.—*Mode:* Colour the oil with the alkanet-root. When sufficiently coloured, pour off the oil on the bruised resin and beeswax. Apply heat and melt them; then stir in the turpentine; warm before using; smear the furniture all over with the polish, and finish off with linen rags.

Another.—Ingredients : 1 part of alkanet-root, 4 parts of shellac, 16 parts of linseed-oil, 2 parts of turpentine, 2 parts of beeswax.—*Mode:* Steep the alkanet-root in the oil over the fire to colour it; when sufficiently coloured, pour off the oil; powder the shellac and cut up the beeswax, and melt them in the oil, also over the fire; while warm stir in the turpentine. Put the polish on with a piece of woollen cloth, and polish off with soft linen rags.

Another.—Ingredients : 15 oz. of white wax, 1 oz. of yellow resin, 1 quart of spirits of turpentine.—*Mode:* Powder the resin and cut up the wax; pour the turpentine upon them, and set them covered over by the fire till melted; put the polish on with a woollen cloth, and finish off with linen rags.

Another.—Mix 1 gallon of linseed-oil, 12 oz. of alkanet-root, and 2 oz. of rose-pink.

Another.—Dissolve by a little heat a little beeswax (yellow) in oil of turpentine, till of the consistence, when cold, of a thick jelly: a little red ochre may be mixed with it.

FURRINGS IN HOT-WATER PIPES.

To prevent the fur, that is the scale or lining crust, which so frequently chokes up hot-water pipes, dissolve in the water some sal-ammoniac (muriate of ammonia) at the rate of 1 oz. to every 60 gallons of water used. Do this twice a year, in October and April.

FURS, TO PRESERVE.

Any of the following recipes may be used.—1. Lay up along with furs to be preserved a tallow candle.—2. Take out the furs from the drawer, &c., frequently, beat them well, expose them to the air, and scent the box where they are kept either with spirits of turpentine, camphor, Russia leather, or cedar-wood.—3. Pepper them well before putting them away.—4. Wash them over with a very weak solution of corrosive sublimate. If this solution leave a white powder on the fur when dry, it is too strong: 10 grains to the pint will be enough.

GALVANIZED IRON.

Clean the surface of the iron perfectly by the combined action of diluted acid and friction; plunge it into a bath of melted zinc, and stir it about till it is alloyed superficially with this metal; then take it out and immerse it in a bath of tin, such as tinplate-makers use. The tin forms an exterior coat of alloy. When the metal thus prepared is exposed to moisture, the zinc is said to oxidize slowly by a galvanic action, and to protect the iron within it from rusting; by this means the outer tinned surface remains for a long time perfectly white, in circumstances under which iron tinned in the usual way would have become brown and covered with rust.

GAME.

Game of any kind which has been kept too long to be pleasant, which is frequently the case with grouse, may be very much improved by being placed for a night in milk, so as to soak thoroughly, after they have been picked, drawn, and washed clean in warm water. The game will cook a great deal better for the soaking, and the high flavour be much diminished.

GAPES IN CHICKENS.

This very common and fatal complaint in chickens may readily be cured by giving them small pills of dough thoroughly impregnated with soft soap.

GARGLE FOR RELAXED THROAT.

Take a pint of port wine in a jug, and stir it up with a red-hot poker; use the wine afterwards as a gargle.

Another.—Two tablespoonfuls of port wine, 1 tablespoonful of honey, 1 tablespoonful of lemon-juice, ½ pint of sage-tea.

Another.—One wineglass of port wine put into ½ pint of very thin oat-

meal gruel. Both these gargles will be found excellent.

GARNISHING.

The agreeable effect of a dinner and dessert depends much upon good taste in garnishing. In the summer flowers can be had for the purpose, and nothing looks better; but in winter it is frequently difficult to find anything to set off dishes. Horseradish and parsley, and variegated curly kale, ought to be had all the year round with a little good management on the part of the gardener; but when these fail there is little else but holly and laurestinas to supply their place. Frosted holly-leaves have a good effect: they can be made at any time, but are most suitable for winter, when fresh flowers are not to be had. A good recipe for making them will be found in Mrs. Beeton's "Dictionary of Cookery,"—"Holly-leaves."

GEESE.

In old birds the bills and feet are red, in young ones they are yellow. When fresh killed, the feet are pliable; when long kept, they become quite stiff.

GERMAN METHOD OF BLACKING LEATHER.

Take 2 lb. of bark of elder, and the same quantity of the filings of rust of iron; steep them in 2 gallons of river water, and put them in a cask or earthen vessel, closely stopped. After this has thus stood two months, put to the liquid, when well pressed out, 1 lb. of powdered nut-galls and ¼ lb. of copperas, and then, after stirring it over a good fire, press out the liquid, with which the leather is to be three or four times brushed over, when it will become of an excellent and durable black.

GERMAN FURNITURE-GLOSS.

Ingredients: ¼ lb. yellow wax, 1 oz. black resin, 2 oz. of oil of turpentine.—*Mode:* Cut the wax into small pieces, and melt it in a pipkin, with the resin pounded very fine. Stir in gradually, while these two ingredients are quite warm, the oil of turpentine. Keep this composition well covered for use in a tin or earthen pot. A little of this gloss should be spread on a piece of coarse woollen cloth, and the furniture well rubbed with it; afterwards it should be polished with a fine cloth.

GERMAN PASTE, useful Food for Singing-birds.

Take 1 pint of pea-flour, in which rub a new-laid egg; then add 2 oz. of fresh lard and 3 oz. of honey or treacle; continue to rub this well, so as to prevent its being in large lumps; when got to a fine powder, put it into a clean earthen pipkin, and place it over a slow and clear fire, until warmed through, stirring it all the while to prevent its burning. When sufficiently hot, take it off, and pass it through a fine wire sieve; then add about 2 oz. of maw-seed, and if hempseed is thought essential, give the small Russian whole, in preference to the common sort bruised, as it only tends to bring on the husk or dry cough. Birds will eat it whole, and it will do them equal good, and prevent nasty and troublesome complaints, which oftentimes stop them when in full song, until they bring up the small particles of the hulls of the bruised hempseed.

GERMAN POLISH FOR BOOTS AND SHOES.

Break into small pieces a cake of white wax, and put it into a tin or earthenware vessel; pour over it as much oil of turpentine as will cover it; closely cover the vessel, and let it stand during twenty-four hours. During this interval the wax will have dissolved, and with the turpentine have formed a paste. With this incorporate as much finely-powdered animal charcoal as will impart to the mixture an intensely black colour. When required for use, take out a little on the point of a knife, and with a brush rub it into the boots, previously cleaned from dirt. The oil of turpentine will evaporate, leaving the wax upon the leather, in the form of a

fine rich varnish. Should the composition become too dry, it may at any time be moistened by the addition of a little oil of turpentine.

GERMAN SILVER.

Articles of this material are not so much used as they were. Electro-plated goods are not much dearer, and look at all times far better. Any plate-powder used frequently will serve to keep clean articles of German silver; but, as the material easily tarnishes, it requires a great deal of cleaning. When very much discoloured, it should be washed in a mixture of ¼ pint of vinegar, in which are dissolved ½ oz. of alum and ½ oz. of cream of tartar, with 1 pint of boiling water added.

GERMAN YEAST.

Take brewery or, what is better, distillery yeast, and filter it through a muslin or silk sieve into a tub or vat containing about four or five times the quantity of cold spring water. The water must be as cold as possible; and, in summer, ice should be mixed with it. As soon as the yeast is put into the water, the whole must be well stirred up with a broom or whisk, until it is thoroughly mixed and has a good foam or head upon it. Then leave it till quite settled and the water becomes clear. As soon as this is the case, draw the surface-water gently off, so as not to disturb the settled substance. The tub used should have cocks at different heights, to allow the water to be drawn off gently by opening the highest cock first. This done, pump the tub full of cold water, and stir it up again as before. Let it settle, again draw the water off, and repeat the operation until the water becomes tasteless and clear—that is, till the water has cleansed the yeast of all its bitterness. Then add to this settled substance, for every 12 gallons of yeast used at first, ½ oz. of carbonate of ammonia and 1 oz. of bicarbonate of soda, which should be previously dissolved in a pint of cold water. Mix this with the purified yeast, and leave it in this state for a night—that is, for twelve or fourteen hours. After this, pump cold water again into the tub, stir it well as before, and when settled draw it off for the last time. The yeast in its settled state must now be emptied into a clean linen bag, tied up, and placed between two boards large enough to cover the bag. Apply a gentle pressure to these boards, so that the yeast may be gradually freed from water and reduced to a substance like bread paste or dough. In this state it may be formed into cakes and kept for use. The whole process should be conducted in a very cool place, and the yeast, when made, kept cool also.

GILDING FOR THE EDGES OF BOOKS.

The gold applied to the edges of books is in the same state as for various ornamental purposes; namely, an extremely thin leaf. Before the case or cover of the book is quite finished, the volume is to be struck forcibly against the back so as to make the fore-edge flat instead of concave. It then must be placed in a press, with the exposed edge uppermost. The edge is to be scraped smooth with a piece of steel, and coated with a mixture of red chalk and water. The gold must be blown out from small books, and spread on a leather cushion, where it is cut to the proper size by a smooth-edged knife. A camel-hair pencil is to be dipped into white of egg mixed with water, and with this the partially dry edge of the book is to be moistened; the gold must then be taken up on a flat kind of brush, and applied to the moistened edge, to which it instantly adheres. When all the three edges have been gilt in this way, and allowed to remain a very few minutes, the workman should take a burnisher formed of a very smooth piece of hard stone (usually *bloodstone*), and, setting the end of the handle against his shoulder, rub the gold very forcibly, which will give it a high degree of polish.

GILDING FOR CHINA AND GLASS.

Ingredients: 2 parts gold powder, 1 part borax, turpentine.—*Mode:* Mix the gold powder and borax to working consistence with the turpentine. With a camel-hair brush apply this to the surface to be gilded, and when dry heat the article in a stove until the borax vitrifies; then burnish the gilding.

GILDING ON GLASS AND CHINA, AND ENAMELLING.

The tools required for this are as follows:—Gilder's cushion, gilding-knife, camel-hair gilder's tip (cotton-wool is best), camel-hair pencils; also a tin dipper, containing water, 2 parts; new rum, 1 part; and 2 grains of isinglass dissolved by heat in the liquid. Use this solution cold. Clean the glass on both sides, make a design on the glass with soap sharpened to a point; place the design, face downward, on clean paper, having cut the gold-leaf to the design roughly, and wet the glass over the design with a camel-hair pencil; lift the gold with the lip-brush, and place it on the wetted glass over the design. Continue the process till the design is covered; then place the glass aside to dry; in about two hours afterwards, with the camel-hair pencil, coat the gilding once over with the same liquid, and again dry it. When dry, smooth the gilding gently with fine cotton-wool, free from rough particles. Then regild as before, and finish in like manner. Transfer the design on the gold side by any mode that will be free from grease; then remove the superfluous gold; with a boxwood point make the edges perfect, and keep the point sharp and clean. Take white paint in oil, or weak gilder's whiting, and coat the design all over, one coating after another, until the surface is rendered opaque. Each coat should be dry before the other is applied. The reverse side will appear, by reason of the transparency of the glass, to have a high polish. If gilder's size or whiting

is used, it should be weak, as that will increase its whiteness: by using oil paint the work done will be waterproof. Gilding on china is done as above (no paint or soap used), and is rendered waterproof by coating the surface with white shellac varnish. Two coats may be applied, but while it is moist the work must be subjected to about 90° of heat, or the varnish will become milky, and the design obscure.

GILDING GLASS AND PORCELAIN.

Dissolve in boiled linseed-oil an equal weight either of copal or amber, and add as much oil of turpentine as will enable you to apply the compound or size thus formed, as thin as possible, to the parts of the glass intended to be gilt. The glass is to be placed in a stove till it is so warm as almost to burn the fingers when handled. At this temperature the size becomes adhesive, and a piece of leaf gold, applied in the usual way, will immediately stick. Sweep off the superfluous portions of the leaf; and when quite cold it may be burnished, taking care to interpose a piece of India paper between the gold and the burnisher. It sometimes happens, when the varnish is not very good, that, by repeated washing, the gold wears off; on this account the practice of *burning it in* is usually had recourse to. For this purpose, some gold powder is ground with borax, and in this state applied to the clean surface of the glass by a camel-hair pencil; when quite dry, the glass is put into a stove, heated to about the temperature of an annealing oven: the gum burns off, and the borax, by vitrifying, cements the gold with great firmness to the glass; after which it may be burnished. The gilding upon porcelain is, in like manner, fixed by heat and the use of borax; and this kind of ware being neither transparent nor liable to soften, and thus to be injured in its form in a low red heat, is free from the risk and injury which the finer and more fusible kinds of glass are apt to sustain from such treatment.

GILDING ON METALS.

Ingredients: Pure gold, 5 drachms; pure copper, 1 drachm; aqua regia, 10 oz. Dissolve the gold and copper in the aqua regia; soak clean rags in this solution, dry and then burn them; collect carefully the ashes, which contain the gold in a state of minute division. Apply this powder, by friction, with a piece of cork moistened by salt and water, to the metal articles, which should previously have been well cleaned and polished. Soon after the gilding is put on, the articles must be burnished with a bloodstone burnisher.

The article to be gilt being either copper, brass, or silver, is first made quite bright, then it is rubbed over with amalgam of gold. This will adhere to the surface. The next part of the process is to put the article gilt into an oven, that the quicksilver of the amalgam may be evaporated. The gold is now left as a black powder, which requires only rubbing over with a stiff long-haired brush, and afterwards to be washed with vinegar-and-water, and lastly, with water only.

GILDING, TO CLEAN.

Remove all dust with a soft brush; then wash the gilding lightly and rapidly with warm water in which an onion has been boiled. Dry it by rubbing with soft cloths.

GILDING UPON SILK, SATIN, &c.

Ingredients: 1 part of nitro-muriate of gold in solution, 3 parts of distilled water.—*Mode:* Mix these two ingredients, and, with a brush dipped in the fluid, trace out the pattern or design required upon the silk. While the pattern or design is still wet, expose it to a stream of hydrogen gas through a funnel or otherwise; then wash the silk in clean water, and the gilding will be complete.

GILDING OF WOODEN FRAMES.

Materials: Stiff size (oil gold-size), gold-leaf, and proper brushes, isinglass, water, and a little saffron.—*Mode:* Melt some stiff size, and rub the frame to be gilded very lightly all over with it. When dry, take oil gold-size and rub the frame very thinly over with this also, using a stiff brush, and taking care that no part is omitted. When the oil gold-size is almost dry, then, with a proper brush, take the gold-leaf from the wash-leather cushion and lay it on the frame. Rub it on gently with a soft hog's-hair brush, and, when quite dry, finish the process by washing the work over with isinglass-water scalding hot, in which a little saffron has been dissolved. The isinglass should not boil, and the brush used must be a very soft one.

GILT CORNICES, TO CLEAN.

Wash them well with warm milk, and polish them with a soft wash-leather.

GILT FRAMES, TO BRIGHTEN.

Take sufficient flour of sulphur to give a golden tinge to about 1½ pint of water, and in this boil 4 or 5 bruised onions, or garlic, which will answer the same purpose. Strain off the liquid, and with it, when cold, wash, with a soft brush, any gilding which requires restoring, and when dry it will come out as bright as new work.

GILT PICTURE-FRAMES, TO REVIVE.

Beat up the white of eggs with chloride of potass or soda, in the proportion of 3 oz. of eggs to 1 oz. of chloride of potass or soda. Blow off as much dust as possible from the frames, and paint them over with a soft brush dipped in the above mixture. They will immediately come out fresh and bright.

GIN PUNCH (Francatelli's Recipe).

Half a pint of old gin, a gill of maraschino, the juice of 2 lemons, the rind of half a lemon, 4 oz. of syrup, a quart bottle of German seltzer-water. Ice well.

GIN SLING, an American Drink.

Ingredients: 2 slices of lemon, 3 or 4 lumps of loaf sugar, shavings of ice, 1 wineglass of gin.—*Mode:* Put the slices of lemon into a tumbler with the sugar, fill up with broken or shaved ice, add the gin, and, as the ice melts, drink through a straw.

GINGER-BEER.

Ingredients: 1½ oz. of sliced ginger, 1 oz. of cream of tartar, 1 lemon sliced, 1 pound of white sugar, 1 gallon of boiling water, 1 tablespoonful of yeast. —*Mode:* Put the ginger, cream of tartar, lemon, and sugar into an earthen vessel, and pour the boiling water over them; cover the vessel over, and when cool add a tablespoonful of yeast; let it stand till the next morning, then skim and bottle it. In three days it will be fit for drinking.

Another.—Ingredients: 1 gallon of water, 1 pound of loaf sugar, 1 oz. of powdered ginger, 1 lemon, 1 oz. of cream of tartar, 1 tablespoonful of yeast. —*Mode:* Boil the water and pour it over the sugar, ginger, and the peel of the lemon cut fine. Cover over the vessel and let it stand six hours; then add the cream of tartar, the juice of the lemon, and the yeast. Three hours after this bottle it, and tie the corks well down. In a warm situation it will be fit for use in twenty-four hours.

Another.—Ingredients: 1 gallon of water, ½ oz. of white ginger sliced, 1 lb. of loaf sugar, 2 lemons, 1 dessert-spoonful of good yeast.—*Mode:* Boil the ginger and sugar in the water for ten minutes; pour this, quite hot, upon the strained juice of the lemons and the peels sliced quite thin; let all stand till nearly cold; then add the yeast. After twelve hours bottle and cork. It will be ready for use in two days.

Another.—Two gallons of ginger-beer may be made as follows:—1. Put 2 gallons of cold water into a pot upon the fire; add to it 2 oz. of good ginger, bruised, and 2 lb. of brown or white sugar; let all this come to the boil, and continue boiling for about an hour; then skim the liquor, and pour it into a jar or tub, along with 1 sliced lemon and ½ oz. of cream of tartar. When nearly cold, put in a teacupful of yeast to cause the liquor to work. The beer is now made, and, after it has worked for two days, strain it and bottle it for use. Tie the corks down firmly.

Another.—Ingredients: White sugar, 20 lb.; lemon or lime juice 18 oz.; honey, 1 lb.; bruised ginger, 22 oz.; water, 18 gallons. Boil the ginger in three gallons of water for half an hour; then add the sugar, the juice, and the honey, with the remainder of the water, and strain through a cloth. When *cold*, add the white of 1 egg and ¼ oz. of essence of lemon: after standing four days, bottle. This yields a very superior beverage, and one which will keep for many months.

The following recipe is for making a very superior ginger-beer. The honey gives it a peculiar softness, and from not being fermented with yeast, it is less violent in its action when opened; but the beer so made requires to be kept a longer time than usual before use.—White sugar, 5 lb.; lemon-juice, ¼ of a pint; honey, ¼ lb.; ginger bruised, 5 oz.; water, 4½ gallons. Boil the ginger in three quarts of water for half an hour; then add the sugar, lemon-juice, and honey, with the remainder of the water, and strain through a cloth; when cold, add a quarter of the white of an egg and a small teaspoonful of essence of lemon; let the whole stand four days, and bottle: this will keep many months. This quantity will make one hundred bottles.

GINGER PLASTER, FOR FACE-ACHE, an Excellent Remedy.

Cut a piece of paper the size of the cheek, and steep it in a little brandy; when quite soaked, dust the paper well over with finely-powdered or grated ginger; put it on to the face, and let it remain till dry. Repeat the application if necessary. The ginger will not irritate the skin.

GINGER WINE, WHEN SOUR, TO RESTORE.

Clean some oyster-shells, calcine

them in an oven until quite white, pound them into small pieces, remove the bung from the cask and put them into it. After a time, all acidity will be removed, and the flavour of the wine restored.

GLASS CHIMNEYS OF LAMPS, TO CLEAN.

It is very necessary that the chimneys of lamps be kept clean and bright, otherwise they will greatly interfere with the amount of light. The glass chimney-brush answers its purpose admirably, and, if used daily, and itself kept well cleaned by occasional washing in soda-and-water, there will be little trouble with the chimneys. Should they, from neglect, become very much stained and spotted, the stains or spots may be removed by soaking them in weak vitriol-and-water, or by rubbing them gently with the finest sand-paper under water.

GLASS PAINTING.

The producing a transparent pattern on the semi-opaque surface of ground glass is as follows: Having determined on the kind of window which is to be made, and the size of its panes, cut out in drawing-paper the shape of the pane or panes, and sketch the pattern on this paper with Indian ink in clear distinct lines. The pattern should be something bold and artistic: a scroll, any variety of star, or style of diamond, or lattice-work; or groups of vine-leaves and grapes, or oak-leaves and acorns; or mottoes, or initials in old English letters. It is by no means necessary that all the panes should be alike in pattern or in size; diversity in these points, if tastefully managed, being an improvement rather than an injury to the effect. When the pattern is drawn, lay the pane of ground glass on it, with the rough or ground side upwards, and with a fine camel-hair pencil, moistened in copal varnish, trace the outlines of the pattern on to the glass. This done, remove the pane of glass on to a sheet of pure white paper, which will enable the tracing to be seen, and then, with appropriate brushes, put in the shading and the clear parts, and perfect the pattern. Wherever it is intended that the glass shall be clear, there with copal varnish fill up the space, as every touch of the varnish clears the glass; the untouched portions, by retaining their whitish, semi-opaque appearance, serve as a background and throw up the pattern. The varnish used should be obtained at an artist's colourman's, and should be as clear and devoid of colour as possible. The camel-hair pencils should only be moistened with it, for, if loaded or saturated, they are apt to make blots, or jagged uneven outlines and strokes; enough varnish to render the glass transparent, but no more than enough, is to be laid on, or the pattern will look rough and unequal, instead of smooth and even. A phial of spirits of turpentine should be standing by, in which the camel-hair pencils may be washed before they begin to dry; for if suffered to dry, or if put away with any varnish on them, they harden, and become useless. They must, therefore, be immediately well washed in spirits of turpentine, and then carefully wiped in a soft rag or an old silk handkerchief. When the pattern has been duly elaborated, in the manner described, the pane of glass must be set aside for eight or ten hours, in a warm, dry place, where nothing is likely to touch it, and where dust cannot settle upon the sticky surface. After it has thus had time to dry, slowly and completely, it must be immersed in clear cold spring water for five or ten minutes, and then be placed on edge to drain itself. If the varnish is good, the pattern will now be firmly set, and stand out in clear relief on the semi-opaque ground. Exposure to moderate heat will turn the transparent parts of the glass from crystal-white to orange-brown; but this is an operation requiring great care, as too great heat will often split the glass, or, at least, render it very brittle. The cake water-colours are those used for this transparent painting. We need not add that the best will alone produce such effects as will confer pleasure. Those

which are opaque must be avoided. The following, with the combinations they are capable of producing, will be found sufficient for most purposes: Prussian blue, ultra-marine, indigo, gamboge, yellow-lake, scarlet, or crimson-lake, Vandyke-brown, madder-brown, and ivory-black. The greens must be made by combining gamboge with one of the blues; as almost all the cake-greens, except verdigris, are opaque.

GLASS POWDER.

To reduce glass to a fine powder, first heat it in a furnace to a slightly red heat; then throw it into cold water for a few minutes; dry it, and after this preparation it may readily be beaten to a fine powder.

GLASS STOPPERS, TO LOOSEN.

Put one or two drops of sweet oil round the stopper, close to the mouth of the bottle; then put it a little distance from the fire. When the decanter gets warm, have a wooden instrument with a cloth wrapped tightly round it; then strike the stopper, first on one side, then on the other: by persevering a little while, you will most likely get it out. Or you may lay the bottle in warm water, so that the neck of the stopper may be under water. Let it soak for a time, then knock it with a wooden instrument as before.

GLASS, TO CUT.

It is not generally known that glass may be cut, *under water*, with a strong pair of scissors. If a round or oval be required, take a piece of common window-glass, draw the shape upon it in a black line; sink it with your left hand under water as deep as you can without interfering with the view of the line, and with your right use the scissors to cut away what is not required.

Another.—Dip a worsted thread in spirit of turpentine, and tie it close round the glass where it is intended to be cut; then set fire to the thread, and, while it is burning, plunge the glass into cold water, or well wet the thread with it. The glass will break easily in the direction of the thread.

GLASS, TO STAIN.

In all compositions for staining glass, silver is an essential ingredient. To prepare nitrate of silver for glass-stainings, dilute nitric acid with three times its bulk of distilled water. Place this in a glass vessel, and add to it pure silver in small pieces until the acid will take up no more. Let this stand for some time, and then pour off the clear solution. This solution is the nitrate of silver required. Next, attend to the following directions, which will produce the different preparations of silver required in the formation of the different colours. There are seven of these preparations.

No. 1. Add to a solution of common salt some nitrate of silver, drop by drop: this will give a white precipitate, which must be washed in hot water and dried.

No. 2. Dissolve subcarbonate of soda in water, and add nitrate of silver in the same way as before. Wash and dry.

No. 3. Dissolve subcarbonate of potash, and proceed as in No. 2.

No. 4. Dissolve phosphate of soda in water, and proceed as in No. 2.

No. 5. Take a piece of silver rolled into thin plates, and place them in a crucible containing sulphur. Heat the crucible, which will cause the sulphate to melt and burn away. When the flame has ceased, add more sulphur, and burn it away as before. Then remove the silver from the crucible, and heat it red-hot in a muffle: it will now be very brittle, and may be easily reduced to a powder for use.

No. 6. Place a rod of metallic tin in a diluted solution of nitrate of silver. Scrape off the precipitated silver, wash it in warm water, dry and grind it.

No. 7. Use a rod of copper instead of tin, and proceed precisely as in No. 6.

We now give the method of preparing the colours, using the preparation of

silver according to the numbers given above, which will save much repetition.

Yellow.—In preparing yellow, take 1 part of silver preparation No. 2, 1 part yellow-lake; mix and grind well with oil of turpentine, and lay it on thin.

Silver No. 1, 1 part; white clay, 3 parts; oxide of zinc, 2 parts; oxalate of iron, 3 parts. Let the silver be ground first in water with the zinc, and then add the other ingredients. Lay this on thick. Silver No. 3, 1 part; yellow-lake, 1 part. Grind them in spirits of turpentine and oil, and lay the mixture on very thin. Silver No. 4, 1 part; yellow-lake, 1 part; white clay, ½ part. Grind as before, and lay the mixture on thin.

Orange.—Silver No. 6, 1 part; Venetian red and yellow ochre washed and calcined red, 2 parts. Silver No. 7, 1 part; Venetian red and yellow ochre, 1 part. Both these shades are mixed with spirits of turpentine, and laid on thick.

Red.—Silver No. 5, 1 part; brown oxide of iron, 1 part. Grind with turpentine and oil, and lay on thick. Antimonial silver, 1 part; colcothar, 1 part. Grind as before, and lay on thick.

Having prepared the above colours, we may now proceed to stain the glass. Obtain glass of as clear a nature as possible; clean it well, and trace upon it with Indian ink the outline of the design intended to be stained; then, having brought the colour as fine as possible by grinding with oil of turpentine, add a little oil of spike lavender, and cover the required parts with this composition. When it has become dry, work out the colour with the point of a stick and a graver from those parts that are not intended to be stained. The depth of the stain depends partly on the heat of the furnace used for burning in, and on the time of the exposure of the glass in it. This, though easy enough to be acquired by practice, cannot be made the subject of written directions. The pieces of glass must be carefully dried, and placed in the furnace when the latter is moderately warm.

GLOVES, TO DYE A BEAUTIFUL PURPLE.

Boil 4 oz. of logwood and 2 oz. of roche alum in 3 pints of soft water till half wasted. Let it stand to be cold, after straining. Let the gloves be nicely mended; then with a brush do them over with the dye, and when dry repeat it. Twice is sufficient, unless the colour is to be very dark. When dry, rub off the loose dye with a coarse cloth. Beat up the white of an egg, and with a sponge rub it over the leather. The dye will stain the hands, in the process, but wetting them with vinegar, before they are washed, will take it off.

GLUE FOR METALS.

A good glue for metals may be made by mixing with sixteen parts of melted glue one part gum-ammoniac, and then adding one part of saltpetre acid.

GLUE, IMPERVIOUS TO WATER.

If a coating of glue or size be brushed over with a decoction of one part of powdered nutgalls in twelve of water, reduced to eight parts, and strained, it becomes hard and solid. This makes a good coat for ceilings to whitewash on, and for lining walls for paper-hangings.

GLUE, LIQUID.

Fill a phial half full with pounded shellac, and pour upon it best spirit of naphtha, rather more than sufficient to cover it. Let the phial stand near the fire, and shake it often till the shellac is melted; or, put into a bottle equal quantities of pounded glue, water, and vinegar. Let the bottle stand in warm water near the fire till the glue is dissolved; then add one-sixth part of spirits of wine. Both these preparations are very useful, and if the bottles be not left uncorked, they will keep in a state to be used for a long time.

GLUE SEALS.

This is a very interesting and simple way of making copies of seals, medallions, &c. Take a little common glue; dissolve it in a little water over the fire; pour on enough to cover the article to be copied; allow it to set, and then detach it. The solution of glue should be pretty strong and stiff. If weak, it will be too long setting. These casts may also be coloured black if required, by lightly brushing over them a little black lead.

GNATS.

To keep these from annoying you, soak a piece of rag in spirits of turpentine and tie it over your head; if fishing or shooting, tie the rag to your hat; or make an ointment of lard scented with turpentine, and smear the face and hands with it.

GODFREY'S CORDIAL.

Ingredients: 1. 9 oz. of sassafras, 1 oz. each of caraway, coriander, and aniseeds, 6 pints of water.—*Mode:* Simmer till reduced to 4 pints; add 6 lb. of treacle, or coarse sugar, and boil for a few minutes. When cold, add 3 oz. of tincture of opium or laudanum.—2. Dissolve ½ oz. of opium and 1 drachm of oil of sassafras in 2 oz. of spirits of wine; mix 4 lb. of treacle with 1 gallon of boiling water, and, when cold, mix both solutions.

GOLD AND SILVER LIQUID FOR VELLUM, PAINTING FANS, &c.

Grind up gold or silver leaf with gum-water or honey in a mortar, then wash away the gum or honey, and use the powder that remains with the gum-water. This may be applied to any article with a camel-hair pencil, in the same way as any other colour.

GOLD CORDIAL.

Take of the roots of angelica, sliced 4 lb.; raisins, stoned, 2 lb.; coriander seeds, ½ lb.; caraway seeds and cinnamon, each ½ lb.; cloves, 2 oz.; figs and liquorice-root, sliced, each 1 lb.; proof spirits, 11 gallons; water, 2 gallons. Digest two days, and draw off by a gentle heat, till the feints begin to rise, hanging in a piece of linen fastened to the mouth of the worm 1 oz. of English saffron. Then dissolve 8 lb. of sugar in 3 quarts of rosewater, and add to it the distilled liquor. The above cordial derives its name from a quantity of gold-leaf being formerly added to it, but this is now generally disused.

GOLD FIGURES UPON STEEL.

Add to a saturated solution of nitro-muriate of gold about a fourth part of sulphuric ether; shake the mixture, and then allow it to settle. The ether will take the gold from the acid, and will separate itself from it also; and form an upper stratum in the vessel. Carefully pour this ethereal gold into another glass, and immerse in it any steel utensil that is highly polished; then take it out, and instantly plunge it into water, when the surface will have acquired a coat of pure gold, the beauty of which may be increased by burnishing. You may use a pen, and draw figures on razors, &c., and the gold will remain in them as just described.

GOLD-FISH.

Where gold-fish are kept in vessels in rooms, they should be in spring water. The water will require to be changed, according to the size of the vessel or the number of fish kept therein; but it is not well to change the water too often. In a vessel that will hold a common-sized pail of water, two fish may be kept by changing the water once a fortnight; and so on in proportion. If any food is supplied them, it should be a few crumbs of bread dropped into the water once or twice a week.

GOLD-LACE AND EMBROIDERY, TO CLEAN.

Burn some roche alum, and reduce the ashes to a very fine powder. With

a soft brush, apply this powder to the gold-lace, &c., and rub it gently with a soft clean flannel.

GOLD-LEAF, TO CUT.

No difficulty will be experienced in cutting gold-leaf to any size or shape, if the book containing it be interleaved with tissue-paper, so that each sheet of gold has paper on both sides, through which the cut may be made with a pair of scissors.

GOLD RING, TO REMOVE FROM THE FINGER.

The most simple and easy method to remove a gold ring which is too tight for the finger, is to rub it in one spot with a little quicksilver. It will soon break in this spot with a little pressure.

GOLD, TO CLEAN.

Dissolve a little sal-ammoniac in urine; boil your soiled gold therein, and it will become clean and brilliant.

GOLD VARNISH FOR LEATHER.

Take of turmeric and gamboge, each 1½ scruple; oil of turpentine, 2 pints; and seed-lac and gum-sandarac, of each 4 oz.; dragon's blood, 4 drachms; turpentine, 2 oz.; pounded glass, 4 oz. Pour off the clear for use.

GOLDEN OINTMENT FOR SORE EYES.

Few nostrums have done more real good, and held a higher reputation, than the celebrated golden ointment. There is nothing equal to it in the cases of sore eyes. Its composition is said to consist of 1 oz. of nitric oxide of mercury to 8 oz. of spermaceti ointment. The oxide of mercury must be of the finest powder, and well worked into the spermaceti by degrees, so as to insure perfect incorporation with it. If the mixture be imperfect, some portions of the ointment will be too strong, and dangerous to use, and other portions not strong enough.

GOULARD LOTION.

Dissolve 1 drachm of acetate of lead in a little vinegar, and then add a quart of cold spring water.

Another.—1 drachm of sugar of lead, 2 pints of rain-water, 2 teaspoonfuls of spirits of wine. For inflammation of the eyes or elsewhere:—The better way of making Goulard lotion, if for the eyes, is to add to 6 oz. of distilled water, or water that has been well boiled, 1 drachm of the extract of lead.

GOULARD POULTICE.

Ingredients: Extract of lead, 1½ drachm; rectified spirits of wine, 2 oz.; water, 12 oz. Wet the crumb of bread with the mixture. Useful in inflammation.

GOUT.

This complaint is constitutional, and its proper remedies are in each case best left to the medical man; when, however, the pain of gout arising from any local inflammation is very severe, it may be relieved for a time by applying to the part a piece of soft rag or cotton-wool saturated with spirits of wine, and then lightly covering the whole with oiled silk to exclude all air.

GOUT OR RHEUMATISM.

For this recipe an English nobleman gave 500*l.*—*Ingredients:* 1 lb. treacle, 2 oz. flour of sulphur, 1 oz. cream of tartar, ¼ lb. Turkey rhubarb in powder, ¼ lb. ginger in powder, 1 drachm of gum guiacum in powder.—*Dose:* 2 teaspoonfuls in a glass of warm water going to bed. 2 oz. of ginger may be deemed sufficient.

GOUT CORDIAL.

Ingredients: Rhubarb, senna, coriander-seed, sweet fennel-seed, and cochineal, of each 2 oz.; liquorice-root and saffron, of each 1 oz.; raisins, 2½ lb.; rectified spirits of wine, 2 galls. : digest for fourteen days. A dose is one tablespoonful to half an ounce.

GOWLAND'S LOTION.

This is one of the best cosmetics known for imparting a delicate appearance and softness to the skin. It is very useful in sun-scorches, and in all cases where the skin is inclined to become hard and dry.—*Ingredients:* 1½ gr. of bichloride of mercury and 1 oz. of emulsion of bitter almonds. Mix these thoroughly, and apply the lotion when required with a piece of soft sponge. The bichloride of mercury must be used with care, as it is a poison.

Another Recipe.—Blanched bitter almonds, 2 oz.; blanched sweet almonds, 1 oz.: beat to a paste, add distilled water 1 quart; mix well, strain, put into a bottle, add corrosive sublimate in powder, 20 grs., dissolved in two tablespoonfuls of spirit of wine, and shake well. Used as a wash for the skin. Wet the skin with it, either by means of the corner of a napkin or the fingers dipped into it, and then gently wipe off with a dry cloth.

GRAFTING-WAX.

Ingredients: Equal quantities of beeswax and tallow, powdered chalk.—*Mode:* Melt together the beeswax and tallow, and throw in sufficient chalk to make it a thick paste while melted. Into this mixture while quite hot dip strips of rag or coarse cloth suitable to envelop the stock and scion, which should be closely covered up so as to prevent the escape of sap, and also the introduction of water.

GRASSES, TO DYE.

For pink, get some logwood and ammonia, and boil them together in water; for red, logwood and alum; for blue, indigo-blue; and all other colours that will dissolve. To keep the grass together, dip it in a weak solution of gum-water, or put some gum-water in the dye, which will answer the same purpose.

GRAVEL, STONE, AND PAINS IN THE KIDNEYS.

Chew and swallow occasionally small pieces of very common yellow soap. This is a very simple, though at first a disagreeable remedy; but sufferers are strongly recommended to try it, as it has been known to afford the greatest relief during acute pain and to mitigate the attacks.

GREASE, TO REMOVE FROM COAT-COLLARS.

Mix twopennyworth of spirits of ammonia in a pint of water, and sponge the collar with it, or dip a soft flannel in spirits of turpentine or gin, and rub the collar till the grease is discharged.

GREASE, TO REMOVE FROM FLOOR-BOARDS.

Take ¼ lb. of fuller's earth and ¼ lb. of pearlash; make them into a paste with about a quart of boiling water; spread a thick coating of this over the grease-stains and leave it for ten or twelve hours; then wash it off with clean water, using sand if necessary. If the grease-stains are very numerous and the floor very dirty, a coating may be spread all over the floor, and left for 24 hours before it is washed off. In washing boards never rub crossways; but always up and down with the grain.

GREASE, TO EXTRACT FROM SILKS, &c.

Scrape French chalk, put it on the grease-spot, and hold it near the fire: the grease will melt, and the French chalk absorb it. Brush it off; repeat the process if necessary. In the absence of French chalk, a little magnesia will effectually remove grease. It should be well rubbed in, left for a time, and then, placing a piece of soft paper on the spot on the wrong side of the material, press it gently with a warm iron: whatever grease is not absorbed by the paper, can be washed out with a little cold water.

Another Recipe.—Make a paste of 1 oz. of finely-powdered French chalk and 5 oz. of finely-powdered tobacco-pipe clay, and 2 oz. of spirits of wine; form this paste into small rolls, and

leave them to dry; touch the stains with the preparation, and brush it off. It may be used wet or dry.

GREASE-BALLS FOR REMOVING GREASE FROM CLOTH, &c.

Ingredients: 30 parts of fuller's earth, 1 part of French chalk, 20 parts of yellow soap, 15 parts of pearlash.—*Mode:* Make the above into a paste with spirits of turpentine, and colour it if desired with a little yellow ochre. Before the paste dries, cut it into small cakes.

GREASE-SPOTS ON MARBLE, TO REMOVE.

Make the following mixture.—*Ingredients:* 1 part of soft soap, 2 parts of fuller's earth, 1 part of potash, boiling water.—*Mode:* Lay the mixture as thick as you can on the grease-spot; let it remain for a few hours, then wash it off with soap-and-water. Repeat the process if necessary.

Another Recipe.—Make a paste of powdered pipe-clay and fuller's earth; mix with strong soap lye; lay a thick coating of this paste on the marble, and pass lightly over it a moderately warm flat-iron until it is dry. Leave it for a short time, and then wash it off with clean water. If the marble be not entirely free from grease, repeat the process till every stain disappears. Discolorization by smoke may be removed in the same manner.

GREEN FIRE.

Take 42 parts of nitrate of barytes, 8 of sulphur, 3 of chlorate of potass, and 1 of lamp-black (54 parts in all).

GREEN PAINT, VERY CHEAP, AND USEFUL FOR OUT-OF-DOOR GARDENING PURPOSES.

Ingredients: 4 lb. of Roman vitriol, 2 lb. of pearlash, 2 oz. of powder of yellow arsenic, boiling water.—*Mode:* Dissolve the vitriol in just sufficient boiling water to reduce it to a liquid; stir in the other ingredients, and leave the mixture the consistence of ordinary paint. The paint is very good for rough garden-fencing, as it sinks well into the wood and kills all insects. It is also useful for garden-sticks.

GREEN PEAS, TO PRESERVE FOR WINTER USE.

Gather the peas when plentiful, shell them; then wash and scald them in hot water. When thoroughly drained, put them into bottles, and fill up each bottle with a strong brine; at the top of the bottle pour a thin layer of salad-oil. Cork and seal the bottles, which must be quite full and kept upright.

GREEN TEA.

A very fair substitute for green tea, indeed one that can hardly be detected, may be found in a sprig of rue, or a few black-currant leaves. Choose young and tender leaves, and do not put too many—4 small black-currant leaves and 1 very small sprig of rue will be sufficient for a large pot of tea.

GRIPES.

Little children often suffer, especially in the summer time, great inconvenience in this way. A very simple remedy is to put a teaspoonful of bruised caraway-seeds into a small phial of hot water, and shake them well. When settled, give a teaspoonful of this solution with a dose of carbonate of magnesia.

GROOM.

The groom's first duties are to keep his horses in condition; but he is sometimes expected to perform the duties of a valet, to ride out with his master, on occasions to wait at table, and otherwise assist in the house: in these cases, he should have the means of dressing himself, and keeping his clothes entirely away from the stables. In the morning, about six o'clock, or rather before, the stables should be opened and cleaned out, and the horses fed, first by cleaning the rack and throwing in fresh hay, putting it lightly in the rack, that the horses may get it

out easily; a short time afterwards, their usual morning feed of oats should be put into the manger. While this is going on, the stable-boy has been removing the stable-dung, and sweeping and washing out the stables, both of which should be done every day, and every corner carefully swept, in order to keep the stable sweet and clean. The real duties of the groom follow: where the horses are not taken out for early exercise, the work of grooming immediately commences. "Having tied up the head," to use the excellent description of the process given by old Barrett, "take a currycomb and curry him all over the body, to raise the dust, beginning first at the neck, holding the left cheek of the headstall in the left hand, and curry him from the setting-on of his head all over the body to the buttocks, down to the point of the hock; then change your hands, and curry him before, on his breast, and, laying your right arm over his back, join your right side to his left, and curry him all under the belly near the fore-bowels, and so all over from the knees and back upwards; after that, go to the far side and do that likewise. Then take a dead horse's tail, or, failing that, a cotton dusting-cloth, and strike that away which the currycomb hath raised. Then take a round brush made of bristles, with a leathern handle, and dress him all over, both head, body, and legs, to the very fetlocks, always cleansing the brush from the dust by rubbing it with the currycomb. In the currycombing process, as well as brushing, it must be applied with mildness, especially with fine-skinned horses; otherwise the tickling irritates them much. The brushing is succeeded by a hair-cloth, with which rub him all over again very hard, both to take away loose hairs and lay his coat; then wash your hands in fair water, and rub him all over while they are wet, as well over the head as the body. Lastly, take a clean cloth, and rub him all over again till he be dry; then take another hair-cloth, and rub all his legs exceeding well from the knees and hocks downwards to his hoofs, picking and dressing them very carefully about the fetlocks, so as to remove all gravel and dust which will sometimes lie in the bending of the joints." In addition to the practice of this old writer, modern grooms add wisping, which usually follows brushing. The best wisp is made from a hayband, untwisted, and again doubled up after being moistened with water: this is applied to every part of the body, as the brushing had been, by changing the hands, taking care in all these operations to carry the hand in the direction of the coat. Stains on the hair are removed by sponging, or, when the coat is very dirty, by the water-brush; the whole being finished off by a linen or flannel cloth. The horsecloth should now be put on by taking the cloth in both hands, with the outside next you, and, with your right hand to the off side, throw it over his back, placing it no farther back than will leave it straight and level, which will be about a foot from the tail. Put the roller round, and the pad-piece under it, about six or eight inches from the fore legs. The horse's head is now loosened; he is turned about in his stall to have his head and ears rubbed and brushed over every part, including throat, with the dusting-cloth, finishing by "pulling his ears," which all horses seem to enjoy very much. This done, the mane and foretop should be combed out, passing a wet sponge over them, sponging the mane on both sides, by throwing it back to the midriff, to make it lie smooth. The horse is now returned to his headstall, his tail combed out, cleaning it of stains with a wet brush or sponge, trimming both tail and mane, and forelock when necessary, smoothing them down with a brush on which a little oil has been dropped.

Watering usually follows dressing; but some horses refuse their food until they have drunk: the groom should not, therefore, lay down exclusive rules on this subject, but study the temper and habits of his horse.

Exercise.—All horses not in work

require at least two hours' exercise daily; and in exercising them a good groom will put them through the paces to which they have been trained. In the case of saddle-horses he will walk, trot, canter, and gallop them, in order to keep them up to their work. With draught-horses they ought to be kept up to a smart walk and trot.

Feeding must depend on their work, but they require feeding three times a day, with more or less corn each time, according to their work. In the fast coaching days it was a saying among proprietors, that "his belly was the measure of his food;" but the horse's appetite is not to be taken as a criterion of the quantity of food under any circumstances. Horses have been known to consume 40 lb. of hay in twenty-four hours, whereas 16 lb. to 18 lb. is the utmost which should have been given. Mr. Croall, an extensive coach proprietor in Scotland, limited his horses to 4½ lb. cut straw, 8 lb. bruised oats, and 24 lb. bruised beans, in the morning and noon, giving them at night 25 lb. of the following:—viz., 560 lb. steamed potatoes, 36 lb. barley-dust, 40 lb. cut straw, and 6 lb. salt, mixed up together: under this the horses did their work well. The ordinary measure given to a horse is a peck of oats, about 40 lb. to the bushel, twice a day, a third feed and a rackful of hay, which may be about 15 lb. or 18 lb., when he is in full work.

You cannot take up a paper without having the question put, "Do you bruise your oats?" Well, that depends on circumstances: a fresh young horse can bruise its own oats when it can get them; but aged horses, after a time, lose the power of masticating and bruising them, and bolt them whole; thus much impeding the work of digestion. For an old horse, then, bruise the oats; for a young one it does no harm and little good. Oats should be bright and dry, and not too new. Where they are new, sprinkle them with salt and water; otherwise, they overload the horse's stomach. Chopped straw mixed with oats, in the proportion of a third of straw or hay, is a good food for horses in full work; and carrots, of which horses are remarkably fond, have a perceptible effect in a short time on the gloss of the coat.

The water given to a horse merits some attention; it should not be too cold; hard water is not to be recommended; stagnant or muddy water is positively injurious; river water is the best for all purposes; and anything is preferable to spring water, which should be exposed to the sun in summer for an hour or two, and stirred up before using it: a handful of oatmeal thrown into the pail will much improve its quality.

GROSVENOR'S TOOTH-POWDER.

Mix 3 lb. each of calcined oyster-shells and rose-pink, ½ lb. of Florentine orris-root in powder, and 25 drops of oil of rhodium. After pulverizing it very finely, pass it through a sieve.

GROUND GLASS, IMITATION OF.

This material, so invaluable where light is needed and transparency to be avoided, is nevertheless very expensive. The glass is rendered brittle by the process, and there is great risk attending the manufacture of it. If the window be not in a very important situation, there are several imitations that will answer the purpose of ground glass, at a very trifling cost; and many of these, if properly executed, have really a most excellent effect. Take a piece of clear muslin (it may show little stars all over it, or have a border if preferred), dip it in a thin gum-water or thin isinglass size, and spread it over the glass window, or if a degree of transparency may be allowed, use very fine white net in the same way. Another plan, which will give a frosted appearance to the window, is to mix 1 oz. of Epsom salts and ½ pint of beer, and sprinkle the glass all over with it, leaving it to dry. Or a more permanent imitation of ground glass may be made by taking equal quantities of ground white lead

and sacrum and mixing them with 1 part of boiled oil and 2 parts of turpentine, slightly tinted with yellow or blue: gently dab this on the glass with the ends of the hair of a painter's clean dusting-brush, until the whole surface of the glass is uniformly covered.

Another Recipe.—The frosted appearance of ground glass may be very nearly imitated by gently dabbing the glass over with a piece of glazier's putty stuck on the ends of the fingers. When applied with a light and even touch, the resemblance is considerable. Another method is to dab the glass over with thin white paint, or flour paste, by means of a brush; but this is inferior to the former. Used for windows.

GUMS, AN EXCELLENT PASTE FOR THE.

Ingredients: Finely-powdered alum, half a ¼ oz.; sulphate of quinine, 10 grains.—*Mode:* Make these ingredients into a rather thick paste, with which rub the gums occasionally.

GUMS, SWOLLEN OR SCORBUTIC.

Take of infusion of roses, 6 oz.; borax, 1 oz.; honey of roses, 1 oz. Mix, and use the mixture twice a day as a wash for the gums.

GUMS, TINCTURE FOR THE.

Gumboils, frequently so troublesome, and also pains in the gums, may be prevented by the occasional use of the following tincture.—*Ingredients:* 6 oz. of tincture of Peruvian bark, ½ oz. of sal-ammoniac.—*Mode:* Make a mixture of these in a phial, and shake it well before using. The best mode of applying the tincture to the gums is with a piece of soft sponge or the finger. The mouth should afterwards be rinsed with warm water.

GUN-BARRELS, BROWNING.

The liquid used for bronzing the barrels is made by mixing nitric acid (specific gravity 1·2) with its own weight of spirit of nitric ether, of alcohol, and tincture of muriate of iron, and adding to this mixture a quantity of sulphate of copper equal in weight to the nitric acid and etherous spirit taken together. The sulphate must be dissolved in water before being added; and the whole being diluted with about ten times its weight in water, is to be bottled up for use. The liquid must be applied by friction with a rag to clear the barrel, which must then be rubbed with a hard brush; processes to be alternated two or three times. The barrel should be afterwards dipped in boiling water, rendered feebly alkaline with carbonate of potash or soda, well dried, burnished, and heated slightly for receiving several coats of tinsmith's lacker, consisting of a solution of shellac in alcohol, coloured with dragon's blood.

GUN-BARRELS, TO CLEAN.

Wrap clean tow round the cleaning-rod. Take a bucket of warm water (soapsuds, if procurable), and run the rod up and down the barrel briskly, till the water is quite black; change the water till it runs quite clear through the nipple; pour boiling-hot water (clean) down the barrel, and rub dry with fresh clean tow. Run a little sweet oil on tow down the barrel, if for use. If to put away, use strong mercurial ointment.

GUTTA-PERCHA SOLES, TO FIX.

If you have a pair of lasts, put them in the boot (be sure that the soles are dry); then pare the edge of the boot level, or rasp it down; if worn through at any part, raise it up by putting in a piece of leather. Then make the soles of the boot rough, so that the solution may take a tighter hold. Set light to the stick of solution, and spread it over the sole equally (the patent solution is undoubtedly the best to use), and as soon as it is soft at the burning end, rub it on the sole while yet burning. When both soles of the boots are so prepared, lay them before the fire, to be ready when you have warmed the gutta-percha soles one at a time. When

thoroughly hot through, lay the sole on the waist of the boot; from the waist, press it down on the sole on the melted solution; roll it with a ruler, or round stick, so as to make it have a level appearance on the bottom; take care that it projects when hot over the sole of the boot, else, when cooling in the open air, out of the sun, you will find it drawn back, and it will have a bad appearance: it will now become quite hard: pare it off round the edge of the boot. It must only come about three-eighths of an inch below the joint of the boot, and take care not to lay the heated sole on all at one time, or the confined air will cause the soles to blister.

HAIR-DYE.

All hair-dyes are more or less injurious, as there is no dye, properly so called, which will touch the hair without, at the same time, affecting the skin of the head. The best method of applying hair-dye is to dip a clean comb into it and pass it through the hair, avoiding touching the skin: the hair should be free from grease. Just before the application, it is as well to wash it thoroughly in soap-and-water. The following dyes are generally used:—*Liquid Hair-dye.*—*Ingredients:* 1 part nitric acid, 10 parts nitrate of silver, 9 parts sap green, 5 parts mucilage, 300 parts water; essence of musk to flavour it.—*Mode:* Mix all the ingredients together and bottle them.

Pomatum Hair-dye.—*Ingredients:* 1 part nitrate of silver, 2 parts nitric acid, 2 parts iron-filings. Mix these, and let them stand together for 4 or 5 hours; then pour them on 2 parts of oatmeal, and work them into as much fresh lard as will make a pomatum and retain a proper colour for the dye.

To turn Grey or Red Hair to Brown or Black, producing its full effect in a few hours.—*Ingredients:* 1 lb. of clean slaked lime, 4 oz. of litharge, 4 oz. of chalk, 2 oz. of white lead, warm water. Mix all to a thick paste with the warm water immediately upon going to bed. If the hair be long enough, comb it well back to the top of the head, and while the paste is warm complete combing the hair in it: be careful to leave no part uncovered. After this, take a towel, dip it in hot water, wring it out, and while warm bind it over the head so as to cover all the paste. Tie over the towel a large silk handkerchief, and, what is better, a large piece of oil-silk. The object of thus covering the head is, that from the damp and warmth the paste may be kept from drying too rapidly. If light brown hair be desired, remove the covering in two hours, and clean off the paste by moistening it and using a fine comb. If dark brown, keep all on a little longer; and, if black hair be the object, do not clean off the paste till the next morning. It will then be quite dry, and may easily be removed by brushing. When the hair is well cleaned, use hair-oil or pomatum to give it a gloss. The paste or dye so used does not stain the head; but, if the skin be very tender, it is likely to produce a slight irritation, which, however, will shortly pass away if not provoked by anything.

Another.—Wash the head in spring water and comb the hair in the full sunshine, in hot weather, with a comb dipped in the oil of tartar. Do this three or four times a day, and in less than a fortnight the hair will become black.

HAIR-FLUID TO MAKE THE HAIR KEEP IN CURL.

Ingredients: 2 lb. of common yellow soap, 3 pints of spirits of wine, 8 oz. of potash, ¼ oz. of essence of vanilla.—*Mode:* Melt them in a pipkin before the fire, and stir them continually with a piece of stick. When nearly cool, add about ¼ oz. of essence of vanilla, or any other essence, to improve the scent. Keep the fluid in a bottle well corked, and use a little daily.

Another Recipe.—Cold tea makes a very simple and good wash to assist the curling of the hair. It may be kept in a bottle for the purpose; or, an excellent wash may be made of the following ingredients, which will clean the

hair, while it serves to promote its curling:—Beat up the yolk of a new-laid egg in a pint of clean rain-water, and add ½ pint of vinegar; warm the fluid, and wash the hair well with it; afterwards, rinse thoroughly with warm water.

HAIR-OIL TO IMPROVE THE GROWTH OF, AND BEAUTIFY THE HAIR.

Ingredients:—1 oz. of olive-oil, 1 drachm of oil of origanum, 1½ drachm of oil of rosemary. Mix well together.

Another Recipe.—Ingredients: Equal quantities of olive-oil and spirit of rosemary, a few drops of oil of nutmeg.—*Mode*: Mix the ingredients together, rub the roots of the hair every night with a little of this liniment, and the growth of it will very soon sensibly increase.

HAIR-OIL TO STRENGTHEN THE HAIR.

Ingredients: Sweet olive-oil, 3 oz.; oil of lavender, 1 drachm. Apply morning and evening to those parts where the hair is thin in consequence of a deficiency of moisture in the skin.

HAIR-OIL, VERY CHEAP.

Ingredients: 1 oz. of spermaceti, 1 pint of oil of sweet almonds, 20 or 30 drops of bergamot, or other scent.—*Mode*: Melt the spermaceti in the oil of sweet almonds over the fire, and take care that they are thoroughly mixed. When quite cold, stir in the scent, and bottle for use.

HAIR-POWDER.

Take pounded starch or the finest flour and sift them through lawn [illegible] essence of ambergris to perfume the powder and apply to the hair.

HAIR, TO THICKEN.

To thicken the hair and prevent it from turning grey, pour boiling water on a quantity of sage-leaves, and let

them remain some time in the oven, or near a stove; strain and apply to the roots of the hair daily. If any pomade be needed, an equal mixture of cocoa-nut and olive-oils with a little perfume is very efficacious.

HAIR, TO THICKEN (Queen Charlotte's Recipe).

Ingredients: 1 quart of white wine, 1 handful of rosemary-flowers, ½ lb. of honey, ¼ pint of oil of sweet almonds.—*Mode*: Mix the rosemary and honey with the wine, distil them together, then add the oil of sweet almonds and shake well. When using it, pour a little into a cup, warm it, and rub it into the roots of the hair.

HAIR-WASH.

Ingredients: 1 pennyworth of borax, ½ pint of olive-oil, 1 pint of boiling water.—*Mode*: Pour the boiling water over the borax and oil, let it cool, then put the mixture into a bottle. Shake it before using and apply it with a flannel. Camphor and borax dissolved in boiling water and left to cool, make a very good wash for the hair, as also does rosemary-water mixed with a little borax. After using any of these washes, when the hair becomes thoroughly dry, a little pomatum or oil should be rubbed in, to make it smooth and glossy.

HAIR-WASH, TO PROMOTE THE GROWTH OF THE HAIR AND PREVENT IT FALLING OFF.

Ingredients: 2 lb. of honey, 1 handful of rosemary, 12 handfuls of grape-vine tendrils, 1 gall. of new milk. Place these altogether in a still, work them as slowly as possible. The distilled liquid from the above will be about 2 quarts. It should be kept for use in a bottle corked.

Another Recipe.—Ingredents: Liq. ammoniæ fort., 1 oz.; almond oil, 1 oz.; rosewater, 4 oz.; spirits of wine, 2 oz. To be kept in a well-corked bottle and used three or four times a week.

Another.—Ingredients: 1 oz. of vinegar cantharides, 2 oz. of eau de Cologne, 2 oz. of rosewater.—*Mode:* Put these together into a bottle, shake them well, and when thoroughly mixed wash the hair with it.

HAIR-WASHES, FOR DANDRUFF, SCURF, &c.

1. *Rosemary Wash.*—Rosemary-water, 1 gall.; rectified spirits of wine, ½ pint; pearlash, 1 oz. Tinted with brown colouring.—2. *Athenian Water.*—Rosewater, 1 gall.; alcohol, 1 pint; sassafras wood, ½ lb.; pearlash, 1 oz. Boil the wood in the rosewater in a glass vessel, then when cold add the pearlash and spirit. This wash is even more efficient than the rosemary preparation for cleansing the hair, strengthening it at the roots, and improving it in every respect.

HAIRS, SUPERFLUOUS, TO REMOVE.

Some few hairs will frequently grow where they are not wanted, and are often difficult to get rid of. Close shaving and cutting strengthens them and increases their number; the only plan is to pull them out individually with a pair of tweezers, and afterwards to dress the part two or three times a day in the following manner:—Wash it first with warm soft water, but do not use soap; then apply with a piece of soft rag, immediately after the washing, a lotion of milk of roses, made according to the following directions, and rub the skin gently till it is dry with a warm soft cloth. *The Lotion.*—Beat 4 oz. of sweet almonds in a mortar to a paste with ½ oz. of white sugar; then work in, in small quantities, 8 oz. of rosewater; strain the emulsion through a muslin, put the liquid into a bottle, return the residuum to the mortar, pound it again, and add ½ oz. of sugar and 8 oz. of rosewater; then strain again, and repeat the process a third time. This will give 32 oz. of fluid, to which add 20 grs. of bichloride of mercury dissolved in 2 oz. of alcohol. Shake the whole for five minutes, and the lotion will be ready for use.

HANDS, MANAGEMENT OF.

To keep the hands in nice order, wash them with fine sand-soap in water, and rub them with as coarse a towel as is pleasant; then immediately, while the glow is upon them, steep them in fresh water, and while they are still wet, put into the palm of each hand a very small portion of rose-cream or almond-cream (such as is sold at the perfumers' for shaving soap) and rub it thoroughly into them. The cream will form a strong lather, and as the pores have been well opened by the friction, it will make the hands beautifully smooth and soft. With some very fair and delicate skins the use of the sand-soap may at first cause a slight irritation; but this will cease immediately on the application of the rose-cream. It is in our opinion a great mistake always to use hot water in washing the hands. Cold soft water is decidedly to be preferred. Never use cold hard water, for this is almost certain to leave the skin rough and uncomfortable.

HANGING.

When any one has been found hanging, either from accident or otherwise, the body should be supported so as to take off all pressure, and the rope or cord cut as gently as possible. The body should then be removed and treated according to the directions given in the case of drowning. The nearest medical man should be sent for; meanwhile, if possible, leeches should be applied to the temples, and blood taken from the neck by means of cupping-glasses.

HARD WATER.

Water is said to be hard when it curdles soap, that is, will not properly dissolve it. The hardness chiefly arises from an acid in the water. If this be carbonic acid, as is generally the case, boiling will improve the water. After boiling, it should be exposed to the air in a broad shallow vessel, and by this means it will be freshened by recovering some of the air which it parted with in boiling. A sediment of earthy matter

combined with the acid will be found at the bottom of the vessel, and from this the water should be carefully poured off or filtered.

HARES.

A young hare has its claws smooth and sharp, it has also a narrow cleft in the lip, and its ears are fine and will tear easily; an old hare is thick about the haunches, its ears are dry and tough, and its claws blunt and ragged.

HARNESS.

If not carefully preserved, very soon gets a shabby tarnished appearance. Where the coachman has a proper harness-room and sufficient assistance, this is inexcusable and easily prevented. The harness-room should have a wooden lining all round, and be perfectly dry and well ventilated. Around the walls, hooks and pegs should be placed, for the several pieces of harness, at such a height as to prevent their touching the ground; and every part of the harness should have its peg or hook,—one for the halters, another for the reins, and others for snaffles and other bits, and metal-work; and either a wooden horse or saddletrees for the saddles and pads. All these parts should be dry, clean, and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned with a soft brush and plate-powder; the copper and brass parts burnished with rottenstone-powder and oil,—steel with emery-powder; both made into a paste with a little oil.

HARNESS BLACKING, EXCELLENT, FOR PRESERVING THE LEATHER.

Melt 4 oz. of mutton suet with 12 oz. of beeswax; add 12 oz. of sugarcandy, 4 oz. of soft soap dissolved in water, and 2 oz. of indigo, finely powdered. When melted and well mixed, add half a pint of turpentine. Lay it on the harness with a sponge, and polish off with a brush.

HARNESS DYE.

Ingredients: Logwood chips, 2 lb.; copperas, 3 oz.; nut-gall, 3 oz.; indigo, 1 oz.; British ink powder, a sixpenny packet; water, 2 quarts,—*Mode:* Put these ingredients into the water, and let all boil gently for half an hour. This dye will be found very useful for harness which has been for some time neglected and become rusty-looking.

HARNESS-MAKERS' JET.

Take 1 drachm of indigo, ¼ oz. of isinglass, ½ oz. of soft soap, 4 oz. of glue, 1 pennyworth of logwood raspings, and 1 quart of vinegar; boil the whole over a slow fire till reduced to 1 pint. A small quantity is then to be taken up on a piece of clean sponge, and thinly applied to harness, boots, &c., taking care that they are previously well cleaned.

HARNESS PASTE.

Ingredients: Ivory-black, 2 oz.; beeswax, 4 oz.; Prussian blue, ½ oz.; spirits of turpentine, 3 oz.—*Mode:* Mix the ingredients in a jar, and dissolve them by heat, by placing the jar in a saucepan of hot water.

HARROGATE WATER, ARTIFICIAL.

Ingredients: ½ drachm of liver of sulphur, 1 oz. of Rochelle salt, 1 quart of pure soft water.—*Mode:* Dissolve the sulphur and salt in the water: a wineglass of this mixture once or twice a day will be found to answer all the purposes of genuine Harrogate water, which is so beneficial in cases of chronic rheumatism, and in all cutaneous affections.

HARTSHORN POWDER.

Hartshorn, we may observe, is one of the best possible ingredients for plate-powder in daily use. It leaves on the silver a deep, dark polish, and at the same time does less injury than anything else. It has also the advantage of being very cheap: almost all the ordinary powders sold in boxes

contain more or less of quicksilver, in some form or another; and this in process of time is sure to make the plate brittle. If any one wishes to be convinced of the effect of quicksilver on plate, he has only to rub a little of it on one place for some time—on the handle of a silver teaspoon for instance,—and he will find it break in that spot with very little pressure.

HARTSHORN DRINK.

Boil together burnt horns, 2 oz.; gum-arabic, 1 oz.; water, 3 pints, until they are reduced to 2 pints. This, when strained and sweetened, is a demulcent, mucilaginous, nourishing drink, good in coughs, &c.

HAY FEVER.

Patients suffering from this most distressing complaint will find almost immediate relief by bathing the nose and closed eyes with a lotion of spirits of camphor and warm water. The strength of the lotion will be soon learned by experience. The eyes must be carefully closed.

HEADACHE.

This very common disorder proceeds from various causes, and according to these it must be treated. Most frequently it is not a disorder of itself, but symptomatic of indigestion, excess of bile, nervousness, &c. Removing, then, the cause cures the headache: thus, mild aperients are often serviceable. If of a nervous character, tonics are useful, such as gentian, bark, hops, camphor, &c. Headache may besides arise from oppression of the blood-vessels of the head, fulness of blood, &c. The best advice is, to keep the head cool and the feet warm, to have recourse to aperient medicines often, and if obstinate or long-continued, blood-letting by the lancet in the arm, or by cupping between the shoulders, assisted by blisters behind the ears, is sure to give relief. Nervous headaches are often cured by stimulants, such as snuff, smelling-salts, aromatic vinegar, &c., and as often by rest and quiet, by 20 or 30 drops of laudanum taken in a little water, and by avoiding light.

HEADACHE, RELIEF FROM.

Apply bandages wetted in vinegar to the forehead and temples, or moisten a linen rag with sulphuric ether and apply it to the forehead; at the same time prevent evaporation by covering the linen rag with a piece of oiled silk. This will often relieve a most obstinate headache in a few minutes. The Mexicans have a curious remedy, which is said to be very efficacious, though we cannot vouch for the truth of it. It consists in bending the head down on the side whence the pain proceeds, and pouring into the upper ear a teaspoonful of rum or other spirit. The patient must remain quiet for three or four minutes, when the pain will subside.

HEMET'S DENTIFRICE

Cleans and whitens the teeth very quickly, being a mixture of 12 oz. of cuttlefish-bone, 2 oz. of cream of tartar, and 1 oz. of orris-root. Rinse the teeth well after using it.

HERBS, SWEET, TO PRESERVE FOR WINTER USE.

Gather bunches of all the different kinds of herbs generally used, in dry weather, when they have attained their full growth, and just before they come into blossom. Lay the bunches loosely on separate dishes and dry them in a cool oven; when crisp from drying, remove them, take away all the stalks, break up the leaves and put them into clean dry bottles, which may be corked down and labelled, and kept for winter use. Those who do not like the trouble of bottling may dry the bunches separately, and hang them up in muslin bags in a dry kitchen for use. If properly dried, they will keep in this way a long time.

Sweet herbs for cooking purposes, when dried and pressed into cakes, and wrapped in paper, may be kept for several years without losing either flavour or colour. They may also be dried and

reduced to powder, in which case they should be kept in well-corked bottles.

HICCOUGHS, TO CURE.

Take a small piece of lump sugar into the mouth, and let it dissolve very slowly, or drink any liquid very slowly, and hiccoughs will cease.

HOARSENESS.

Ingredients: 1 drachm of finely-scraped horseradish-root, 4 oz. of water, double this weight of vinegar.—*Mode*: Infuse the horseradish in the water in a close vessel for two hours, and make it into a syrup by adding double its weight of vinegar.—*Dose*: 1 teaspoonful. This remedy it is said has never been known to fail; 1 teaspoonful will frequently be found sufficient; and if not, the dose repeated is certain to remove the hoarseness.

Another.—Ingredients: 2 oz. of pennyroyal-water, the yolk of an egg, 30 drops of cochineal, 20 drops of oil of anise, white sugarcandy.—*Mode*: Mix all the ingredients well together, and take a dessert-spoonful night and morning: a teaspoonful will be sufficient for a child under ten years.

HOME-MADE WINES, TO IMPROVE THE COLOUR OF.

From a 9-gallon cask draw off about half a tumbler of wine, add to it from 20 to 40 drops of cochineal according to fancy, and return this wine so coloured through the bunghole into the cask.

HONEY SOAP (Excellent and easily made).

Take a double saucepan, the inner one being of china; cut into this 2 lb. of yellow soap in thin shavings; set the saucepan on the fire and stir it occasionally, till the soap is melted, which will be in a few minutes if the water be kept boiling around it; then stir in ¼ lb of palm-oil, ¼ lb. of honey, 3 pennyworth of true oil of cinnamon: let all boil together for six or eight minutes, pour it out, and let it stand till the next day. It is then fit for use.

HOOPING-COUGH.

This is purely a spasmodic disease, and is only infectious through the faculty of imitation, a habit that all children are remarkably apt to fall into; and even where adults have contracted hooping-cough, it has been from the same cause, and is as readily accounted for, on the principle of imitation, as that the gaping of one person will excite or predispose a whole party to follow the same spasmodic example. If any one associates for a few days with a person who stammers badly, he will find, when released from his company, that the sequence of his articulation and the fluency of his speech are, for a time, gone; and it will be a matter of constant vigilance, and some difficulty, to overcome the evil of so short an association. The manner in which a number of school-girls will, one after another, fall into a fit on beholding one of their number attacked with epilepsy, must be familiar to many. These several facts lead us to a juster notion of how to treat this spasmodic disease. Every effort should, therefore, be directed, mentally and physically, to break the chain of nervous action, on which the continuance of the cough depends.

Symptoms.—Hooping-cough comes on with a slight oppression of breathing, thirst, quick pulse, hoarseness, and a hard, dry cough. This state may exist without any change from one to two or three weeks before the peculiar feature of the disease—the *hoop*—sets in. As the characteristics of this cough are known to all, it is unnecessary to enter here, physiologically, on the subject. We shall, therefore, merely remark that the frequent vomiting and bleeding at the mouth or nose are favourable signs, and proceed to the—

Treatment, which should consist in keeping up a state of nausea and vomiting. For this purpose, give the child doses of ipecacuanha and antimonial wines, in equal parts, and quantities varying from half to one and a half teaspoonful once a day, or, when the expectoration is hard and difficult of expulsion, giving the following cough mixture every four hours:—Take of

syrup of squills ½ oz., antimonial wine 1 oz., laudanum 15 drops, syrup of tolu 2 drachms, water 1½ oz. Mix. The dose is from half a spoonful to a dessert-spoonful. When the cough is urgent, the warm bath is to be used, and either one or two leeches applied over the breastbone, or else a small blister laid on the lower part of the throat.

Such is the medical treatment of hooping-cough; but there is a moral regimen, based on the nature of the disease, which should never be omitted. And, on the principle that a sudden start or diversion of the mind will arrest a person in the act of sneezing or gaping, so the like means should be adopted with the hooping-cough patient; and, in the first stage, before the hooping has been added, the parent should endeavour to break the paroxysm of the cough by abruptly attracting the patient's attention, and thus, if possible, preventing the cough from reaching that height when the ingulf of air gives the hoop or crow that marks the disease; but when once that symptom has set in, it becomes still more necessary to endeavour, by even measures of intimidation, to break the spasmodic chain of the cough. Exercise in the open air, when dry, is also requisite, and change of scene and air in all cases is of absolute necessity, and may be adopted at any stage of the disease.

HOOPING-COUGH, REMEDY FOR.

In ¼ pint of pure water mix ½ scruple of cochineal and 1 scruple of salt of tartar. A teaspoonful three times a day will be found of great benefit to a child.

Another.—Take powdered cantharides, powdered camphor, of each 1 scruple, extract of bark 3 drachms; rub these well together, and divide into powders of 8 grains each.—*Dose:* One every 3 or 4 hours. To be used only in advanced stages of the disease.

Another.—*Ingredients:* 12 grains of ipecacuanha powder, 1 drachm of tincture of asafœtida, 10 drops of laudanum, 2 oz. of cinnamon-water, 2 drachms of syrup of tolu. Make these into a mixture, and give a teaspoonful of it every three or four hours to a child of two or three years old, increasing the dose for older patients.

HOP PILLOW TO INDUCE SLEEP.

Put 1 lb., or 1½ lb., of fresh hops into a pillow-case, and lay the head upon them at bedtime: the smell of the hops brought out by warmth will induce a most refreshing sleep. The same pillow may be used for many nights.

HOP-TEA FOR INDIGESTION.

Make an infusion of hops in a common china teapot, in the proportion of 1 oz. of hops to 1 pint of boiling water. Let it stand till cold, then pour it off and keep it in a wine-bottle. A wine-glass of this taken about eleven o'clock every day will be found to strengthen the digestive organs and promote a healthy appetite.

HOPS, INFUSION OF.

Hops 2 oz., boiling water ¼ pint; soak for four hours.—*Dose:* Half a wineglassful. This is a good tonic.

HORN, TO SOFTEN.

To 1 lb. of wood-ashes add 2 lb. of quicklime; put them into 1 quart of water; let the whole boil till reduced to one-third, then dip a feather in, and if, on drawing it out, the plume should come off, it is a proof that it is boiled enough; if not, let it boil a little longer. When it is settled, filter it off, and in the liquor thus strained put in shavings of horn. Let them soak for three days, and, first anointing your hands with oil, work the whole into a mass. You can print or mould horn thus softened into any shape you please.

HORSE-FEEDING.

The amount of food depends, of course, upon the size of the horse and the work which it is expected to do. Large carriage-horses and horses for gigs, when in constant work, cannot do with less than four feeds of corn a day,

saddle-horses will do very well upon three; cobs and ponies will not require more than two; and, if properly groomed, can be kept in high condition on this allowance. The horsekeeper, however, must remember that there is a vast difference in oats. No good oats should weigh less than 40 lb. to the bushel, and every horse should be fed, as to time and quantity also, as much as possible by rule. When four feeds are given, the time selected should be in the morning seven and twelve, and in the afternoon four and eight. Three feeds can be given at morning, noon, and night; and two, morning and night. It is a good plan to give a little cut hay with each feed. When this is done, the oats will never require bruising; and, while the horse's teeth are sound, it is far better that they should not be bruised. If there is a full allowance of corn and cut stuff, 12 lb. of long hay per day will be ample for a large horse. A little barley and a few beans make an agreeable and useful change. They may be given in place of a portion of oats, but must not be made a substitute for the whole feed. Roots also, such as carrots, mangel-wurzel, and potatoes, may be used as a change of food. The two former are best after they have been stored for a little time, and the latter should always be steamed before they are mixed with the food. Lucern and vetches may be made use of at the spring of the year, often with great benefit; but no general direction can be given as to the use of green food for horses kept in the stable and put to hard work on the roads; whether they are good or not will depend upon the constitution of the horse, and of this the groom ought to be the best judge. Some persons appear to imagine that no horse can last long unless occasionally turned off to grass for a month or two. Our own experience proves the contrary. We believe nothing to be more dangerous than these occasional "turnings off," and as long as a horse's legs can do his work, he is far better kept up under good stable management. The legs alone receive any benefit from rest; the general health of the animal is more likely to be injured than benefited by the change. Under stable management, much good is known to result from keeping within reach of the horse a large lump of chalk, and also a large lump of bay-salt: the occasional licking of the former will correct acidity, and of the latter will keep the blood in a healthy state.

HORSES' HOOFS, TO PROTECT.

Gutta-percha may be used to protect the feet of horses when tender. It is first cut into small pieces, and softened with hot water, then mixed with half its weight of powdered sal-ammoniac, and the mixture melted in a tinned saucepan over a gentle fire, keeping it well stirred. When required for use, melt in a glue-pot, scrape the hoof clean, and apply the mixture with a knife.

HORSERADISH-WASH.

A very excellent and safe cosmetic, of great benefit when the skin requires a gentle stimulant.—*Ingredients:* 1 oz. of scraped horseradish, 1 pint of cold milk.—*Mode:* Infuse the horseradish in the milk for four hours, then strain through muslin, and bottle it. It will keep some time if properly corked.

HORSERADISH, TO KEEP FOR WINTER.

Take up, before frost sets in, roots of horseradish, shake the dirt from them, but do not wash or scrape them; bury them in a box of wet sand. This will preserve their full flavour.

HOT BOTTLES.

These are very useful to warm beds, and for the immediate application of heat, locally, to the feet, &c. They should be made of the best block tin or good galvanized iron. This latter material is best, as there is no danger of rusting. Stone bottles are always liable to crack,

especially if the water be hastily put into them. Hot bottles should be well wrapped up in a flannel before they are put into the bed.

HOT WATER.

While pouring very hot water into a tumbler, or other glass vessel, never hold the tumbler in your hand, but leave it on a tray or table. It is advisable also to warm the glass before using it, and to keep a spoon in it during the time of pouring. These are the best methods to prevent the cracking of the glass.

HOT-WATER MARKS, TO REMOVE FROM MAHOGANY.

The whitish stain left on a mahogany table by a jug of boiling water, or a very hot dish, may be removed by rubbing in oil, and afterwards pouring a little spirits of wine on the spot and rubbing it dry with a soft cloth.

HOUSE.

Many mistresses have experienced the horrors of house-hunting, and it is well known that "three removes are as bad as a fire." Nevertheless, it being quite evident that we must, in these days at least, live in houses, and are sometimes obliged to change our residences, it is well to consider some of the conditions which will add to, or diminish, the convenience and comfort of our homes.

Although the choice of a house must be dependent on so many different circumstances with different people, that to give any specific directions on this head would be impossible and useless, yet it will be advantageous, perhaps, to many, if we point out some of those general features, as to locality, soil, aspect, &c., to which the attention of all house-takers should be carefully directed.

Regarding the locality, we may say, speaking now more particularly of a town house, that it is very important to the health and comfort of a family, that the neighbourhood of all factories of any kind, producing unwholesome effluvia or smells, should be strictly avoided. Neither is it well to take a house in the immediate vicinity where a noisy trade is carried on, as it is unpleasant to the feelings, and tends to increase any existing irritation of the system.

Referring to soils; it is held as a rule, that a gravel soil is superior to any other, as the rain drains through it very quickly, and it is consequently drier and less damp than clay, upon which water rests a much longer time. A clay country, too, is not so pleasant for walking exercise as one in which gravel predominates.

The aspect of the house should be well considered, and it should be borne in mind that the more sunlight that comes into the house, the healthier is the habitation. The close, fetid smell which assails one on entering a narrow court or street in towns, is to be assigned to the want of light, and consequently air. A house with a south or south-west aspect is lighter, warmer, drier, and consequently more healthy than one facing the north or north-east.

Great advances have been made, during the last few years, in the principles of sanitary knowledge, and one most essential point to be observed in reference to a house, is its "drainage," as it has been proved in an endless number of cases, that bad or defective drainage is as certain to destroy health as the taking of poisons. This arises from its injuriously affecting the atmosphere; thus rendering the air we breathe unwholesome and deleterious. Let it be borne in mind, then, that unless a house is effectually drained, the health of its inhabitants is sure to suffer; and they will be susceptible of ague, rheumatism, diarrhœa, fevers, and cholera.

We now come to an all-important point,—that of the water-supply. The value of this necessary article has also been lately more and more recognized in connection with the question of health and life; and most houses are well supplied with every convenience connected with water. Let it, however, be

well understood, that no house, however suitable in other respects, can be desirable, if this grand means of health and comfort is in the slightest degree scarce or impure. No caution can be too great to see that it is pure and good as well as plentiful; for, knowing as we do, that not a single part of our daily food is prepared without it, the importance of its influence on the health of the inmates of a house cannot be overrated.

Ventilation is another feature which must not be overlooked. In a general way enough of air is admitted by the cracks round the doors and windows; but if this be not the case, the chimney will smoke, and other plans, such as the placing of a plate of finely perforated zinc in the upper part of the window, must be used. Cold air should never be admitted under the doors, or at the bottom of a room, unless it be close to the fire or stove; for it will flow along the floor towards the fireplace, and thus leave the foul air in the upper part of the room unpurified, cooling at the same time, unpleasantly and injuriously, the feet and legs of the inmates.

The rent of a house, it has been said, should not exceed one-eighth of the whole income of its occupier; and, as a general rule, we are disposed to assent to this estimate, although there may be many circumstances which would not admit of its being considered infallible. It certainly ought not to be exceeded.

HOUSE, PURCHASING A.

Few men will venture to purchase a freehold, or even a leasehold property, by private contract without making themselves acquainted with the locality, and employing a solicitor to examine the title; but many do walk into an auction-room, and bid for a property upon the representations of the auctioneer. Few persons trouble themselves about the conditions of sale, which are frequently drawn up with much caution in favour of the vendor, and in many cases with an evident intention to relieve him of his proper burthen of the expenses of making out his own title. The conditions, whatever they are, will bind the purchaser; for by one of the legal fictions, of which we have so many, the auctioneer, who is in reality the agent for the vendor, becomes also the agent for the buyer, and by putting down the names of bidders and the biddings, he binds him to whom the lot is knocked down to the sale and the conditions: the falling of the auctioneer's hammer is the acceptance of the offer which completes the agreement to purchase. In any such transaction you can only look at the written or printed particulars; any verbal statement of the auctioneer made at the time of the sale, cannot contradict them, and they are implemented by the agreement, which the auctioneer calls on the purchaser to sign after the sale. You should sign no such contract without having a duplicate of it signed by the auctioneer, and delivered to you. It is, perhaps, unnecessary to add that no trustee or assignee can purchase property for himself included in the trust, even at auction; nor is it safe to pay the purchase-money to an agent of the vendor, unless he give a written authority to the agent to receive it, besides handing over the requisite deeds and receipts.

The only circumstance strong enough to vitiate a purchase which has been reduced to a written contract, is proof of fraudulent representation as to an encumbrance of which the buyer was ignorant, or a defect in title; but every circumstance which the purchaser might have learned by careful investigation, the law presumes he did know. Thus, in buying a leasehold estate or house, all the covenants of the original lease are presumed to be known. "It is not unusual," says Lord St. Leonards, "to stipulate in conditions of sale of leasehold property, that the production of a receipt for the last year's rent shall be accepted as proof that all the lessor's covenants were performed up to that period. Never bid for one clogged with such a condition. There are some acts against which no relief can be obtained

except by a suit, and then only to cover one breach of, or default in, the performance of any particular covenant or clause; for example, the tenant's right to insure, or his insuring in an office or in names not authorized in the lease. And you should not rely upon the mere fact of the insurance being correct at the time of sale: there may have been a prior breach of covenant, and the landlord may not have waived his right of entry for the forfeiture." And where any doubt of this kind exists, the landlord should be appealed to.

Interest on a purchase is due from the day fixed upon for completing: where it cannot be completed, the loss rests with the party with whom the delay rests; but it appears, when the delay rests with the seller, and the money is lying idle, notice of that is to be given to the seller to make him liable to the loss of interest. If the purchaser make any profit whatever from his unpaid purchase-money, he cannot claim exemption from the payment of interest, although the delay in completing may be through the default of the vendor. In law the property belongs to the purchaser from the date of the contract; he is entitled to any benefit, and must bear any loss; the seller may suffer the insurance to drop without giving notice; and should a fire take place, the loss falls on the buyer. In agreeing to buy a house, therefore, provide at the same time for its insurance. Common fixtures pass with the house, where nothing is said about them.

There are some well-recognized laws, of what may be called good-neighbourhood, which affect all properties. If you purchase a field or house, the seller retaining another field between yours and the highway, he must of necessity grant you a right of way. Where the owner of more than one house sells one of them, the purchaser is entitled to benefit by all drains leading from his house into other drains, and will be subject to all necessary drains for the adjoining houses, although there is no express reservation as to drains. Thus, if his happens to be a leading drain, other necessary drains may be opened into it. In purchasing land for building on, you should expressly reserve a right to make an opening into any sewer or watercourse on the vendor's land for drainage purposes.

Constructions.—Among the cautions which purchasers of houses or land should keep in view, is a not inconsiderable array of *constructive* notices, which are equally binding with actual ones. Notice to your attorney or agent is notice to you; and when the same solicitor is employed by both parties, and he is aware of an encumbrance of which you are ignorant, you are bound by it; even where the vendor is guilty of a fraud to which your agent is privy, you are responsible, and cannot be released from the consequences, although you would be able to substantiate a claim against him in either of the cases mentioned.

HOUSEHOLD REPAIRS.

In point of economy, as well as for the sake of appearance, it is very essential that everything belonging to the household should be kept in proper repair. There is an old proverb and a very good one, "A stitch in time saves nine," and if it were more generally acted upon, much waste and useless expenditure would be prevented. Anything once out of order and unattended to, is sure to get worse in time, and the neglect of the past will soon involve a ninefold expenditure. If a handle comes off a saucepan, unless immediately repaired, the saucepan is thrown on one side, and soon from neglect becomes unfit for use. So if a blind-cord breaks, and is not mended, another is sure to follow, and perhaps at length the tapes give way, and the blinds can only be put in order at a very great expense. Again, the tickings of feather beds and mattresses become imperfect, and if the holes are not mended at once, there is a daily loss of feathers and horsehair, which goes on till these articles of furniture cannot be repaired without the addition of a considerable

amount of new material. As another instance of the same waste, pieces of beading are accidentally knocked off bookcases or wardrobes, and if not immediately replaced, they are too often lost; and in this way most valuable articles of furniture are damaged to an incalculable extent. These and such-like household repairs are very easily effected. Any intelligent servant can patch a bed-ticking or a mattress, and with a long mattress-needle and a piece of twine, can draw the upper and under sides of the latter together, so as to prevent the further displacement of material, putting a small square piece of leather to give strength to the stitch. A bent carpet-needle and a little wool or yarn may be usefully employed in arresting the further progress of holes in an old carpet or rug; and a glue-pot or a little liquid glue, which may be cheaply made according to the recipes here given, will be found very useful to keep all articles of wooden furniture in good condition.

HOUSEKEEPER, THE.

As second in command in the house, except in large establishments, where there is a house steward, the housekeeper must consider herself as the immediate representative of her mistress, and bring to the management of the household all those qualities of honesty, industry, and vigilance, in the same degree as if she were at the head of her own family. Constantly on the watch to detect any wrong-doing on the part of any of the domestics, she will overlook all that goes on in the house, and will see that every department is thoroughly attended to, and that the servants are comfortable, at the same time that their various duties are properly performed.

Cleanliness, punctuality, order, and method, are essentials in the character of a good housekeeper. Without the first, no household can be said to be well managed. The second is equally all-important; for those who are under the housekeeper will take their "cue" from her; and in the same proportion as punctuality governs her movements, so will it theirs. Order, again, is indispensable; for by it we wish to be understood that "there should be a place for everything and everything in its place." Method, too, is most necessary; for when the work is properly contrived, and each part arranged in regular succession, it will be done more quickly and more effectually.

A necessary qualification for a housekeeper is, that she should thoroughly understand accounts. She will have to write in her books an accurate registry of all sums paid for any and every purpose, all the current expenses of the house, tradesmen's bills, and other extraneous matter. Her accounts should be periodically balanced, and examined by the head of the house. Nothing tends more to the satisfaction of both employer and employed, than this arrangement. "Short reckonings make long friends," stands good in this case, as in others.

It will be found an excellent plan to take an account of every article which comes into the house connected with housekeeping, and is not paid for at the time. The book containing these entries can then be compared with the bills sent in by the various tradesmen, so that any discrepancy can be inquired into and set right. An intelligent housekeeper will, by this means, too, be better able to judge of the average consumption of each article by the household; and if that quantity be at any time exceeded, the cause may be discovered and rectified, if it proceed from waste or carelessness.

Although in the department of the cook, the housekeeper does not generally much interfere, yet it is necessary that she should possess a good knowledge of the culinary art, as, in many instances, it may be requisite for her to take the superintendence of the kitchen. As a rule, it may be stated that the housekeeper, in those establishments where there is no house steward or man cook, undertakes the preparation of the confectionery, attends to the preserving and pickling of fruits and vege-

tables; and, in a general way, to the more difficult branches of the art of cookery.

Much of these arrangements will depend, however, on the qualifications of the cook; for instance, if she be an able artiste, there will be but little necessity for the housekeeper to interfere, except in the already noticed articles of confectionery, &c. On the contrary, if the cook be not so clever an adept in her art, then it will be requisite for the housekeeper to give more of her attention to the business of the kitchen than in the former case. It will be one of the duties of the housekeeper to attend to the marketing, in the absence of either a house steward or man cook.

The daily duties of a housekeeper are regulated, in a great measure, by the extent of the establishment she superintends. She should, however, rise early, and see that all the domestics are duly performing their work, and that everything is progressing satisfactorily for the preparation of the breakfast for the household and family. After breakfast, which, in large establishments, she will take in the "housekeeper's room" with the lady's maid, butler, and valet, and where they will be waited on by the still-room maid, she will, on various days set apart for each purpose, carefully examine the household linen, with a view to its being repaired, or to a further quantity being put in hand to be made; she will also see that the furniture throughout the house is well rubbed and polished; and will, besides, attend to all the necessary details of marketing and ordering goods from the tradesmen.

The housekeeper's room is generally made use of by the lady's-maid, butler, and valet, who take there their breakfast, tea, and supper. The lady's-maid will also use this apartment as a sitting-room, when not engaged with her lady, or with some other duties, which would call her elsewhere. In different establishments, according to their size and the rank of the family, different rules of course prevail. For instance, in the mansions of those of very high rank, and where there is a house steward, there are two distinct tables kept, one in the steward's room for the principal members of the household, the other in the servants' hall, for the other domestics. At the steward's dinner-table, the steward and housekeeper preside; and here, also, are present the lady's-maid, butler, valet, and head gardener. Should any visitors be staying with the family, their servants—generally the valet and lady's-maid—will be admitted to the steward's table.

After dinner, the housekeeper, having seen that all the members of the establishment have regularly returned to their various duties, and that all the departments of the household are in proper working order, will have many important matters claiming her attention. She will, possibly, have to give the finishing touch to some article of confectionery, or be occupied with some of the more elaborate processes of the still-room. There may also be the dessert to arrange, ice-creams to make; and all these employments call for no ordinary degree of care, taste, and attention.

The still-room was formerly much more in vogue than at present; for in days of "auld lang syne," the still was in constant requisition for the supply of sweet-flavoured waters for the purposes of cookery, scents and aromatic substances used in the preparation of the toilet, and cordials in cases of accidents and illness. There are some establishments, however, in which distillation is still carried on, and in these the still-room maid has her old duties to perform. In a general way, however, this domestic is immediately concerned with the housekeeper. For the latter she lights the fire, dusts her room, prepares the breakfast-table, and waits at the different meals taken in the housekeeper's room. A still-room maid may learn a very great deal of useful knowledge from her intimate connection with the

housekeeper, and if she be active and intelligent, may soon fit herself for a better position in the household.

In the evening, the housekeeper will often busy herself with the necessary preparations for the next day's duties. Numberless small, but still important arrangements, will have to be made, so that everything may move smoothly. At times, perhaps, attention will have to be paid to the breaking of lump-sugar, the stoning of raisins, the washing, cleansing, and drying of currants, &c. The evening, too, is the best time for setting right her account of the expenditure, and duly writing a statement of moneys received and paid, and also for making memoranda of any articles she may require for her store-room or other departments.

Periodically, at some convenient time,—for instance, quarterly or half-yearly, it is a good plan for the housekeeper to make an inventory of everything she has under her care, and compare this with the lists of a former period; she will then be able to furnish a statement, if necessary, of the articles which, on account of time, breakage, loss, or other causes, it has been necessary to replace or replenish.

In concluding these remarks on the duties of the housekeeper, we will briefly refer to the very great responsibility which attaches to her position. Like "Cæsar's wife," she should be "above suspicion," and her honesty and sobriety unquestionable; for there are many temptations to which she is exposed. In a physical point of view, a housekeeper should be healthy and strong, and be particularly clean in her person, and her hands, although they may show a degree of roughness, from the nature of some of her employments, yet should have a nice inviting appearance. In her dealings with the various tradesmen, and in her behaviour to the domestics under her, the demeanour and conduct of the housekeeper should be such as, in neither case, to diminish, by an undue familiarity, her authority or influence.

It will be useful for the mistress and housekeeper to know the best seasons for various occupations connected with Household Management; and we, accordingly, subjoin a few hints which we think will prove valuable.

As, in the winter months, servants have much more to do, in consequence of the necessity there is to attend to the number of fires throughout the household, not much more than the ordinary every-day work can be attempted.

In the summer, and when the absence of fires gives the domestics more leisure, then any extra work that is required, can be more easily performed.

The spring is the usual period set apart for house-cleaning, and removing all the dust and dirt, which will necessarily, with the best of housewives, accumulate during the winter months, from the smoke of the coal, oil, gas, &c. This season is also well adapted for washing and bleaching linen, &c., as, the weather not being then too hot for the exertions necessary in washing counterpanes, blankets, and heavy things in general, the work is better and more easily done than in the intense heats of July, which month some recommend for these purposes. Winter curtains should be taken down and replaced by the summer white ones, and furs and woollen cloths also carefully laid by. The former should be well shaken and brushed, and then pinned upon paper or linen, with camphor to preserve them from the moths. Furs, &c., will be preserved in the same way. Included under the general description of house-cleaning, must be understood turning out all the nooks and corners of drawers, cupboards, lumber-rooms, lofts, &c., with a view of getting rid of all unnecessary articles, which only create dirt and attract vermin; sweeping of chimneys, taking up carpets, painting and whitewashing the kitchen and offices, papering rooms, when needed, and, generally speaking, causing the house to put on, with the approaching summer, a bright appearance and a new face, in unison with nature. Oranges now

should be preserved, and orange wine made.

The summer will be found, as we have mentioned above, in consequence of the diminution of labour for the domestics, the best period for examining and repairing household linen, and for "putting to rights" all those articles which have received a large share of wear-and-tear during the dark winter days. In direct reference to this matter, we may here remark, that sheets should be turned "sides to middle" before they are allowed to get very thin. Otherwise, patching, which is uneconomical from the time it consumes, and is unsightly in point of appearance, will have to be resorted to. In June and July, gooseberries, currants, raspberries, strawberries, and other summer fruits, should be preserved, and jams and jellies made. In July, too, the making of walnut ketchup should be attended to, as the green walnuts will be approaching perfection for this purpose. Mixed pickles may also be now made, and it will be found a good plan to have ready a jar of pickle-juice (for the making of which information is given in the "Dictionary of Cookery"), into which to put occasionally some young French beans, cauliflowers, &c.

In the early autumn, plums of various kinds are to be bottled and preserved, and jams and jellies made. A little later, tomato sauce, a most useful article to have by you, may be prepared; a supply of apples laid in, if you have a place to keep them, as also a few keeping pears and filberts. Endeavour to keep also a large vegetable marrow,—it will be found delicious in the winter.

In October and November it will be necessary to prepare for the cold weather, and get ready the winter clothing for the various members of the family. The white summer curtains will now be carefully put away, the fireplaces, grates, and chimneys looked to, and the house put in a thorough state of repair, so that no "loose tile" may, at a future day, interfere with your comfort, and extract something considerable from your pocket.

In December, the principal household duty lies in preparing for the creature comforts of those near and dear to us, so as to meet old Christmas with a happy face, a contented mind, and a full larder; and in stoning the plums, washing the currants, cutting the citron, beating the eggs, and mixing the pudding, a housewife is not unworthily greeting the genial season of all good things.

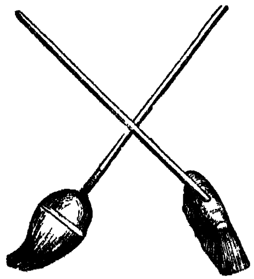
HOUSEMAIDS, UPPER AND UNDER.

Housemaids, in large establishments, have usually one or more assistants; in this case they are upper and under housemaids. Dividing the work between them, the upper housemaid will probably reserve for herself the task of dusting the ornaments and cleaning the furniture of the principal apartments, but it is her duty to see that every department is properly attended to. The number of assistants depends on the number in the family, as well as on the style in which the establishment is kept up. In wealthy families it is not unusual for every grown-up daughter to have her waiting-maid, whose duty it is to keep her mistress's apartment in order; thus abridging the housemaid's duties. In others, perhaps one waiting-maid attends on two or three, when the housemaid's assistance will be more requisite. In fact, every establishment has some customs peculiar to itself, on which we need not dwell; the general duties are the *same in all*, perfect cleanliness and order being the object.

"Cleanliness is next to godliness," saith the proverb, and "order" is in the next degree; the housemaid, then, may be said to be the handmaiden to two of the most prominent virtues. Her duties are very numerous, and many of the comforts of the family depend on their performance; but they are simple and easy to a person naturally clean and orderly, and desirous of giving satisfaction. In all families, whatever the habits of the master and

mistress, servants will find it advantageous to rise early; their daily work will thus come easy to them. If they rise late, there is a struggle to overtake it, which throws an air of haste and hurry over the whole establishment. Where the master's time is regulated by early business or professional engagements, this will, of course, regulate the hours of the servants; but even where that is not the case, servants will find great personal convenience in rising early and getting through their work in an orderly and methodical manner. The housemaid who studies her own ease will certainly be at her work by six o'clock in the summer, and, probably, half-past six or seven in the winter months, having spent a reasonable time in her own chamber in dressing. Earlier than this would, probably, be an unnecessary waste of coals and candle in winter.

The first duty of the housemaid in winter is to open the shutters of all the lower rooms in the house, and take up the hearth-rugs of those rooms which she is going to "do" before breakfast.

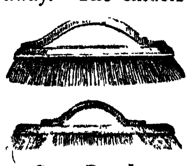


Carpet-Brooms.

In some families, where there are only a cook and a housemaid kept, and where the drawing-rooms are large, the cook has the care of the dining-room, and the housemaid that of the breakfast-room, library, and drawing-rooms. After the shutters are all opened, she sweeps the breakfast-room, sweeping the dust towards the fireplace, of course previously removing the fender.

She should then lay a cloth (generally made of coarse wrappering) over the carpet in front of the stove, and on this should place her housemaid's box, containing black-lead brushes, leathers, emery-paper, cloth, black-lead, and all utensils necessary for cleaning a grate, with the cinder-pail on the other side.

She now sweeps up the ashes, and deposits them in her cinder-pail, which is a japanned tin pail, with a wire-sifter inside, and a closely-fitting top. In this pail the cinders are sifted, and reserved for use in the kitchen or under the copper, the ashes only being thrown away. The cinders disposed of, she proceeds to black-lead the grate, producing the black-lead, the soft brush for laying it on, her blacking and polishing brushes, from the box which contains her tools. This housemaid's box should be kept well stocked. Having blackened, brushed, and polished every part, and made all clean and bright, she now proceeds to lay the fire. Sometimes it is very difficult to get a proper polish to black grates, particularly if they have been neglected and allowed to rust at all. Brunswick-black, which is an excellent varnish for grates, may be prepared in the following manner:—*Ingredients:* 1 lb. of common asphaltum, ½ pint of linseed-oil, 1 quart of oil of turpentine.—*Mode:* Melt the asphaltum, and add gradually to it the other two ingredients. Apply this with a small painter's brush, and leave it to become perfectly dry. The grate will need no other cleaning, but will merely require dusting every day, and occasionally brushing with a dry black-lead brush. This is, of course, when no fires are used. When they are required, the bars, cheeks, and back of the grate will need black-leading in the usual manner.

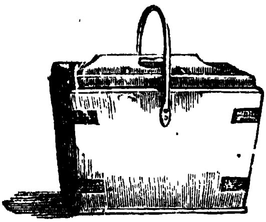


Stove-Brushes.

Fire-lighting, however simple, is an operation requiring some skill; a fire

Housemaids.

is readily made by laying a few cinders at the bottom in open order; over this a few pieces of paper, and over that again eight or ten pieces of dry wood; over the wood, a course of moderate-sized pieces of coal, taking care to leave hollow spaces between for air at the centre; and taking care to lay the whole well back in the grate, so that the smoke may go up the chimney, and not into the room. This done, fire the paper with a match from below, and, if properly laid, it will soon burn up; the stream of flame from the wood and paper soon communicating to the coals and cinders, provided there is plenty of air at the centre.



Housemaid's Box.

A new method of lighting a fire is sometimes practised with advantage, the fire lighting from the top and burning down, in place of being lighted and burning up from below. This is arranged by laying the coals at the bottom, mixed with a few good-sized cinders, and the wood at the top, with another layer of coals and some paper over it: the paper is lighted in the usual way, and soon burns down to a good fire, with some economy of fuel, as it is said.

Bright grates require unceasing attention to keep them in perfect order. A day should never pass without the housemaid rubbing with a dry leather the polished parts of a grate, as also the fender and fire-irons. A careful and attentive housemaid should have no occasion ever to use emery-paper for any part but the bars, which, of course, become blackened by the fire. (Some mistresses, to save labour, have a double set of bars, one set bright for the summer, and another black set to use when fires are in requisition.) When bright grates are once neglected, small rust-spots begin to show themselves, which a plain leather will not remove. The following method of cleaning them must then be resorted to:—First, thoroughly clean with emery-paper; then take a large smooth pebble from the road, sufficiently large to hold comfortably in the hand, and with it rub the steel backwards and forwards one way, until the desired polish is obtained. It may appear at first to scratch; but continue rubbing, and the result will be success. The following is also an excellent polish for bright stoves and steel articles:—*Ingredients:* 1 tablespoonful of turpentine, 1 ditto of sweet oil, emery-powder.—*Mode:* Mix the turpentine and sweet oil together, stirring in sufficient emery-powder to make the mixture of the thickness of cream; put it on the article with a piece of soft flannel, rub off quickly with another piece, then polish with a little dry emery-powder and clean leather.

The several fires lighted, the housemaid proceeds with her dusting and polishing the several pieces of furniture in the breakfast-parlour, leaving no corner unvisited. Before sweeping the carpet, it is a good practice to sprinkle it all over with tea-leaves, which not only lay all dust, but give a slightly fragrant smell to the room. It is now in order for the reception of the family; and where there is neither footman nor parlour-maid, she now proceeds to the dressing-room, and lights her mistress's fire, if she is in the habit of having one to dress by. Her mistress is called, hot water placed in the dressing-room for her use, her clothes—as far as they are under the housemaid's charge—put before the fire to air, hanging a fire-guard on the bars, where there is one, while she proceeds to prepare the breakfast.

In summer the housemaid's work is considerably abridged: she throws open the windows of the several rooms not

occupied as bedrooms, that they may receive the fresh morning air before they are occupied; she prepares the breakfast-room by sweeping the carpet, rubbing tables and chairs, dusting mantel-shelf and picture-frames with a light brush, dusting the furniture, and beating and sweeping the rug; she cleans the grate when necessary, and replaces the white paper or arranges the shavings with which it is filled, leaving everything clean and tidy for breakfast. It is not enough, however, in cleaning furniture, just to pass lightly over the surface; the rims and legs of tables, and the backs and legs of chairs and sofas, should be rubbed vigorously daily; if there is a book-case, every corner of every pane and ledge requires to be carefully wiped, so that not a speck of dust can be found in the room.

After the breakfast-room is finished, the housemaid should proceed to sweep down the stairs, commencing at the top, whilst the cook has the charge of the hall, door-step, and passages. After this she should go into the drawing-room, cover up every article of furniture that is likely to spoil, with large dusting-sheets, and put the chairs to-



Banister-Broom.

gether, by turning them seat to seat, and, in fact, make as much room as possible, by placing all the loose furniture in the middle of the room, whilst she sweeps the corners and sides. When this is accomplished, the furniture can then be put back in its place, and the middle of the room swept, sweeping the dirt, as before said, towards the fireplace. The same rules should be observed in cleaning the drawing-room grates as we have just stated, putting down the cloth, before commencing, to prevent the carpet from getting soiled. In the country, a room would not require sweeping thoroughly like this more than twice a week; but the house-

Housemaids.

maid should go over it every morning with a dust-pan and broom, taking up every crumb and piece she may see.



Staircase-Broom.

After the sweeping she should leave the room, shut the door, and proceed to lay the breakfast. Where there is neither footman nor parlour-maid kept, the duty of laying the breakfast-cloth rests on the housemaid.

Before laying the cloth for breakfast, the heater of the tea-urn is to be placed in the hottest part of the kitchen fire, or, where the kettle is used, it must boil on the kitchen fire, and then be removed to the parlour, where it is kept hot. Having washed herself free from the dust arising from the morning's work, the housemaid collects the breakfast-things on her tray, takes the breakfast-cloth from the napkin press, and carries them all on the tray into the parlour; arranges them on the table, placing a sufficiency of knives, forks, and salt-cellars for the family, and takes the tray back to the pantry; gets a supply of milk, cream, and bread; fills the butter-dish, taking care that the salt is plentiful, and soft and dry, and that hot plates and egg-cups are ready where warm meat or eggs are served, and that butter-knife and bread-knife are in their places. And now she should give the signal for breakfast, holding herself ready to fill the urn with hot water, or hand the kettle, and take in the rolls, toast, and other eatables, with which the cook supplies her, when the breakfast-room bell rings; bearing in mind that she is never to enter the parlour with dirty hands or with a dirty apron, and that everything is to be handed on a tray; that she is to hand everything she may be required to supply, on the left hand of the person she is serving, and that all is done quietly and without bustle or hurry. In some families, where there is a large number to attend on, the cook waits at breakfast whilst the housemaid is busy up-

stairs in the bedrooms, or sweeping, dusting, and putting the drawing-room in order.

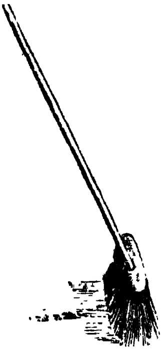
Breakfast served, the housemaid proceeds to the bed-chambers, throws up the sashes, if not already done, pulls up the blinds, throwing back curtains at the same time, and opens the beds by removing the clothes, placing them over a horse, or, failing that, over the backs of chairs. She now proceeds to empty the slops. In doing this, everything is emptied into the slop-pail, leaving a little scalding-hot water for a minute in such vessels as require it; adding a drop of turpentine to the water when that is not sufficient to cleanse them. The basin is emptied, well rinsed with clean water, and carefully wiped; the ewers emptied and washed; finally the water-jugs themselves emptied out and rinsed, and wiped dry. As soon as this is done, she should remove and empty the pails, taking care that they also are well washed, scalded, and wiped as soon as they are empty.

Next follows bedmaking, at which the cook or kitchin-maid, where one is kept, usually assists; but before beginning, velvet chairs, or other things injured by dust, should be removed to another room. In bedmaking, the fancy of its occupant should be consulted; some like beds sloping from the top towards the feet, swelling slightly in the middle; others perfectly flat: a good housemaid will accommodate each bed to the taste of the sleeper, taking care to shake, beat, and turn it well in the process. Some persons prefer sleeping on the mattress; in which case a feather bed is usually beneath, resting on a second mattress and a straw paillasse at the bottom. In this case the mattresses should change places daily; the feather bed placed on the mattress, shaken, beaten, taken up and opened several times, so as thoroughly to separate the feathers; if too large to be thus handled, the maid should shake and beat one end first, and then the other, smoothing it afterwards equally all over into the required shape, and place the mattress gently over it. Any feathers which escape in this process a tidy servant will put back through the seam of the tick; she will also be careful to sew up any stitch that gives way the moment it is discovered. The bedclothes are laid on, beginning with an under blanket and sheet, which are tucked under the mattress at the bottom. The bolster is then beaten and shaken, and put on, the top of the sheet rolled round it, and the sheet tucked in all round. The pillows and other bedclothes follow, and the counterpane over all, which should fall in graceful folds, and at equal distance from the ground all round. The curtains are drawn to the head and folded neatly across the bed, and the whole finished in a smooth and graceful manner. Where spring-mattresses are used, care should be taken that the top one is turned every day. The housemaid should now take up in a dustpan any pieces that may be on the carpet; she should dust the room, shut the door, and proceed to another room. When all the bedrooms are finished, she should dust the stairs and polish the handrail of the banisters, and see that all ledges, window-sills, &c., are quite free from dust. It will be necessary for the housemaid to divide her work, so that she may not have too much to do on certain days, and not sufficient to fill up her time on other days. In the country, bedrooms should be swept and thoroughly cleaned once a week; and to be methodical and regular in her work, the housemaid should have certain days for doing certain rooms thoroughly. For instance, the drawing-room on Monday, two bedrooms on Tuesday, two on Wednesday, and so on; reserving a day for thoroughly cleaning the plate, bedroom candlesticks, &c. &c., which she will have to do where there is no parlourmaid or footman kept. By this means the work will be divided, and there will be no unnecessary bustling and hurrying, as is the case where the work is done any time, without rule or regulation.

Once a week, when a bedroom is to

Housemaids.

be thoroughly cleaned, the housemaid should commence by brushing the mattresses of the bed before it is made; she should then make it, shake the curtains, lay them smoothly on the bed, and pin or tuck up the bottom valance, so that she may be able to sweep under the bed. She should then unloop the window curtains, shake them, and pin them high up out of the way. After clearing the dressing-table, and the room altogether of little articles of china, &c. &c., she should shake the toilet-covers, fold them up, and lay them on the bed, over which a large dusting-sheet should be thrown. She should then sweep the room, first of all sprinkling the carpet with well-squeezed tea-leaves, or a little freshly-pulled grass, when this is obtainable. After the carpet is swept and the grate cleaned, she should wash with soap-and-water, with a little soda in it, the washing-table apparatus, removing all marks or fur round the jugs, caused by the water. The water-bottles and tumblers must also have her attention, as well as the top of the washing-stand, which should be cleaned with soap and flannel if it be marble; if of polished mahogany, no soap must be used. When these are all clean and arranged in their places, the housemaid should scrub the floor where it is not covered with carpet, under the beds, and round the wainscot. She should use as little soap and soda as possible, as too free a use of these articles is liable to give the boards a black appearance. In the country, cold soft water, a clean scrubbing-brush, and a willing arm, are all that are required to make bedroom floors look white. In winter it is not advisable to scrub rooms too often, as it is difficult to dry them thoroughly at that season of the year, and nothing is more dangerous than to allow persons to sleep in a damp room. The housemaid should now dust the furniture, blinds, ornaments, &c.; polish the looking-glass; arrange the toilet-cover and muslin; remove the cover from the bed, and straighten and arrange the curtains and counterpane. A bedroom should be cleaned like this every week. There are times, however, when it is necessary to have the carpet up: this should be done once a year in the country, and twice a year in large cities. The best time for these arrangements is spring and autumn, when the bed-furniture requires changing to suit the seasons of the year. After arranging the furniture, it should all be well-rubbed and polished; and for this purpose the housemaid should provide herself with an old silk pocket-handkerchief, to finish the polishing.



Long Hair-Broom.



Scrubbing-Brush.

As modern furniture is now nearly always French-polished, it should often be rubbed with an old silk rubber, or a fine cloth or duster, to keep it free from smears. Three or four times a year any of the following polishes may be applied with very great success, as any of them make French-polished furniture look very well. One precaution must be taken—not to put too much of the polish on at one time, and *to rub, not smear*, it over the articles.

Furniture Polish.—*Ingredients:* ¼ pint of linseed-oil, ¼ pint of vinegar, 1 oz. of spirits of salts, ½ oz. of muriatic antimony.—*Mode:* Mix all well together, and shake before using.

Another.—*Ingredients:* Equal proportions of linseed-oil, turpentine, vinegar, and spirits of wine.—*Mode:* When used, shake the mixture well, and rub on the furniture with a piece of linen rag, and polish with a clean duster. Vinegar and oil, rubbed in with flannel, and the furniture rubbed with a clean duster, produce a very good polish.

Housemaids.

Furniture Paste.—Ingredients : 3 oz. of common beeswax, 1 oz. of white wax, 1 oz. of curd soap, 1 pint of turpentine, 1 pint of boiled water.—*Mode:* Mix the ingredients together, adding the water when cold; shake the mixture frequently in the bottle, and do not use it for forty-eight hours after it is made. It should be applied with a piece of flannel, the furniture polished with a duster, and then with an old silk rubber.



Furniture Brush.

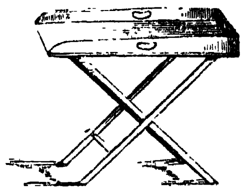
The chambers are finished, the chamber candlesticks brought down and cleaned, the parlour lamps trimmed;—and here the housemaid's utmost care is required. In cleaning candlesticks, as in every other cleaning, she should have cloths and brushes kept for that purpose alone; the knife used to scrape them should be applied to no other purpose; the tallow-grease should be thrown into a box kept for the purpose; the same with everything connected with the lamp-trimming; the best mode of doing which she will do well to learn from the tradesman who supplies the oil; always bearing in mind, however, that without perfect cleanliness, which involves occasional scalding, no lamp can be kept in order.

The drawing and dining rooms, inasmuch as everything there is more costly and valuable, require even more care. When the carpets are of the kind known as velvet-pile, they require to be swept firmly with a hard whisk-brush, made of cocoa-nut fibre.

The furniture must be carefully gone over in every corner with a soft cloth, that it may be left perfectly free from dust; or where that is beyond reach, with a brush made of long feathers, or a goose's wing. The sofas are swept in the same manner, slightly beaten, the cushions shaken and smoothed, the picture-frames swept, and everything arranged in its proper place. This, of course, applies to dining as well as drawing-room and morning-room. And now the housemaid may dress herself for the day, and prepare for the family dinner, at which she must attend.

We need not repeat the long instructions elsewhere given for laying the dinner-table. At the family dinner, even where no footman waits, the routine will be the same. In most families the cloth is laid with the slips on each side, with napkins, knives, forks, spoons, and wine and finger glasses on all occasions.

The housemaid should ascertain that her plate is in order, glasses free from smears, water-bottles and decanters the same, and everything ready on her tray, that she may be able to lay her cloth properly. Few things add more to the neat and comfortable appearance of a dinner-table than well-polished plate; indeed, the state of the plate is a certain indication of a well-managed or ill-managed household. Nothing is easier than to keep plate in good order, and yet many servants, from stupidity and ignorance, make it the greatest trouble of all things under their care. It should be remembered, that it is utterly impossible to make greasy silver take a polish; and that as spoons and forks in daily use are continually in contact with grease, they must require good washing in soap-and-water to remove it. Silver should be washed with a soapy flannel in one water, rinsed in another, and then wiped dry with a dry cloth. The plate so washed may be polished with the plate-rags, as in the following directions:—Once a week all the plate should receive a thorough cleaning with the hartshorn-powder, as directed in the recipes for cleaning plate; and



Butler's Tray and Stand.

Housemaids.

where the housemaid can find time, rubbed every day with the plate-rags.

Plate-rags for Daily Use.—Boil soft rags (nothing is better for the purpose than the tops of old cotton stockings) in a mixture of new milk and hartshorn-powder, in the proportion of 1 oz. of powder to a pint of milk; boil them for five minutes; wring them as soon as they are taken out, for a moment, in cold water, and dry them before the fire. With these rags rub the plate briskly as soon as it has been well washed and dried after daily use. A most beautiful deep polish will be produced, and the plate will require nothing more than merely to be dusted with a leather or a dry soft cloth, before it is again put on the table.

For waiting at table, the housemaid should be neatly and cleanly dressed, and, if possible, her dress made with closed sleeves, the large open ones dipping and falling into everything on the table, and being very much in the way. She should not wear creaking boots, and should move about the room as noiselessly as possible, anticipating people's wants by handing them things without being asked for them, and altogether be as quiet as possible. It will be needless here to repeat what we have already said respecting waiting at table, in the duties of the butler and footman: rules that are good to be observed by them are equally good for the parlour-maid or housemaid.

The housemaid having announced that dinner is on the table, will hand the soup, fish, meat, or side-dishes to the different members of the family; but families who do not spend much of the day together will probably prefer being alone at dinner and breakfast. The housemaid will be required, after all are helped, if her master does not wish her to stay in the room, to go on with her work of cleaning up in the pantry, and answer the bell when rung. In this case she will place a pile of plates on the table or a dumb-waiter, within reach of her master and mistress, and leave the room.

Dinner over, the housemaid removes

Housemaids.

the plates and dishes on the tray, places the dirty knives and forks in the basket prepared for them, folds up the napkins in the ring which indicates by which member of the family each has been used, brushes off the crumbs on



Crumb-Brush.

the hand-tray kept for the purpose, folds up the table-cloth in the folds already made, and places it in the linen-press to be smoothed out. After every meal the table should be rubbed, all marks from hot plates removed, and the table-cover thrown over, and the room restored to its usual order. If the family retire to the drawing-room, or any other room, it is a good practice to throw up the sash to admit fresh air and ventilate the room.

The housemaid's evening service consists in washing up the dinner-things, the plate, plated articles, and glasses; restoring everything to its place; cleaning up her pantry, and putting away everything for use when next required; lastly, preparing for tea, as the time approaches, by setting the things out on the tray, getting the urn or kettle ready, with cream and other things usually partaken of at that meal.

In summer-time the windows of all the bedrooms, which have been closed during the heat of the day, should be thrown open for an hour or so after sunset, in order to air them. Before dark they should be closed, the bed-clothes turned down, and the night-clothes laid in order for use when required. During winter, where fires are required in the dressing-rooms, they should be lighted an hour before the usual time of retiring, placing a fire-guard before each fire. At the same time, the night things on the horse should be placed before it to be aired, with a tin can of hot water, if the mistress is in the habit of washing before going to bed. We may add, that

there is no greater preservative of beauty than washing the face every night in hot water. The housemaid will probably be required to assist her mistress to undress and put her dress in order for the morrow; in which case her duties are very much those of the lady's-maid.

And now the fire is made up for the night, the fireguard replaced, and everything in the room in order for the night, the housemaid taking care to leave the night-candle and matches together in a convenient place, should they be required. It is usual in summer to remove all highly fragrant flowers from sleeping-rooms, the impression being that their scent is injurious in a close chamber.

On leisure days, the housemaid should be able to do some needlework for her mistress,—such as turning and mending sheets and darning the house linen, or assist her in anything she may think fit to give her to do. For this reason it is almost essential that a housemaid, in a small family, should be an expert needlewoman; as, if she be a good manager and an active girl, she will have time on her hands to get through plenty of work.

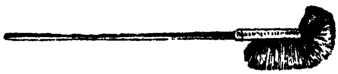
Periodical Cleanings.—Besides the daily routine which we have described, there are portions of every house which can only be thoroughly cleaned occasionally; at which time the whole house usually undergoes a far more thorough cleaning than is permitted in the general way. On these occasions it is usual to begin at the top of the house and clean downwards; moving everything out of the room; washing the wainscoting or paint with a flannel and warm water; pulling down the beds and thoroughly cleansing all the joints; "scrubbing" the floor; beating feather beds, mattresses, and paillasses, and thoroughly purifying



House-Pail.

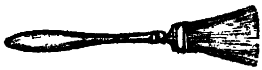
every article of furniture before it is put back in its place.

This general cleaning usually takes place in the spring or early summer, when the warm curtains of winter are replaced by the light and cheerful muslin curtains. Carpets are at the same time taken up and beaten, except where the mistress of the house has been worried into an experiment by the often-reiterated question, "Why beat your carpets?" In this case she will



Cornice-Brush.

probably have made up her mind to try the cleaning process, and arranged with the company to send for them on the morning when cleaning commenced.



Dusting-Brush.

It is hardly necessary to repeat, that on this occasion every article is to be gone over, the French-polished furniture well rubbed and polished. The same thorough system of cleaning should be done throughout the house; the walls cleaned where painted, and swept down with a soft broom or feather brush where prepared; the window and bed curtains, which have been replaced with muslin ones, carefully brushed, or, if they require it, cleaned; lamps not likely to be required, washed out with hot water, dried, and cleaned. The several grates are now to be furnished with their summer ornaments; and we know none prettier than the following, which the housemaid may provide at a small expense to her mistress:—Purchase two yards and a half of crinoline muslin, and tear it into small strips, the selvage way of the material, about an inch wide; strip this thread by thread on each side, leaving the four centre threads: this gives about thirty-six pieces, fringed on each side, which

are tied together at one end, and fastened to the trap of the register, while the threads, unravelled, are spread gracefully about the grate, the lower part of which is filled with paper shavings. This makes a very elegant and very cheap ornament, which is much stronger, besides, than those usually purchased.

As winter approaches, this house-cleaning will have to be repeated, and the warm bed and window curtains replaced. The process of scouring and cleaning is again necessary, and must be gone through, beginning at the top, and going through the house, down to the kitchens.

Independently of these daily and periodical cleanings, other occupations will present themselves from time to time, which the housemaid will have to perform. When spots show on polished furniture, they can generally be restored by soap-and-water and a sponge, the polish being again brought out by using a little polish, and then well rubbing it. Again, drawers which draw out stiffly may be made to move more easily if the spot where they press is rubbed over with a little soap.

Chips broken off any of the furniture in the house should be collected and replaced by means of a little glue. Liquid glue, which is sold prepared in bottles, is very useful to have in the house, as it requires no melting, and anything broken can be so quickly repaired.

Breaking glass and china is about the most disagreeable thing that can happen in a family, and it is, probably, a greater annoyance to a right-minded servant than to the mistress. A neat-handed housemaid may sometimes repair these breakages, where they are not broken in very conspicuous places, by joining the pieces very neatly together with a cement made as follows:—Dissolve 1 oz. of gum-mastic in a quantity of highly-rectified spirits of wine; then soften 1 oz. of isinglass in warm water, and finally dissolve it in rum or brandy, till it forms a thick jelly. Mix the isinglass and gum-mastic together, adding ¼ oz. of finely-powdered gum-ammoniac; put the whole into an earthen pipkin, and in a warm place, till the ingredients are thoroughly incorporated; pour it into a small phial, and cork down for use.

In using it, dissolve a small piece of the cement in a silver teaspoon over a lighted candle. The broken pieces of glass or china being warmed, and touched with the now liquid cement, join the parts neatly together, and hold in their places till the cement has set; then wipe away the cement adhering to the edge of the joint, and leave it for twelve hours without touching it; the joint will be as strong as the china itself, and if neatly done, it will show no joining. It is essential that neither of the pieces be wetted either with hot or cold water.

HYDROPHOBIA.

As soon as the wound has been inflicted, the part should be cut out or burnt out, and until this can be done, a tight cord should be drawn round it, so as to suspend all circulation, and the limb placed in a position most likely to keep the impure blood from affecting the other parts of the body. Persons suffering from this frightful complaint should at once place themselves under the care of a medical man; and though, in a general way, when the poison has entered the system the malady is incurable, still no means should be left untried.

Another, said to be a most efficacious remedy.—In all cases of bites from dogs, mad, or suspected of madness, lose no time in placing common nitrate of silver upon the wound, and allowing it to filter freely into it. The remedy is said to be infallible. "Whenever I am bitten," writes Mr. Youatt, the celebrated veterinary surgeon, "I have a remedy sure and at hand, and no fear of the disease supervening. The actual cautery, the caustic potass, and excision, are in my opinion unsafe and liable to fail. The nitrate of silver chases the poison into the very capillaries and neutralizes it. Since I have known

this," he continues, "I always use it to any bite of a dog, sound or unsound, and am at rest."

Another. — A drink made of the fresh-cut leaves of the common box boiled in new milk is said to afford relief in this fearful disease.

HYSSOP TEA, Useful for Children who are subject to Worms.

Ingredients: Make an infusion in the proportion of 1 pint of boiling water to 1 oz. of dried hyssop-flowers; let it stand 10 minutes; pour it off into a wine-bottle, and take a wineglass, or rather less, according to age, two or three times a day.

HYSTERICS.

These fits take place, for the most part, in young, nervous, unmarried women. They happen much less often in married women, and very rarely indeed in men. Young women who are subject to these fits are apt to think that they are suffering from "all the ills that flesh is heir to;" and the false symptoms of disease which they show are so like the true ones that it is often exceedingly difficult to detect the difference. The fits themselves are mostly preceded by great depression of spirits, shedding of tears, sickness, palpitation of the heart, &c. A pain, as if a nail were being driven in, is also often felt at one particular part of the head. In almost all cases, when a fit is coming on, pain is felt on the left side. This pain rises gradually until it reaches the throat, and then gives the patient a sensation as if she had a pellet there, which prevents her from breathing properly, and, in fact, seems to threaten actual suffocation. The patient now generally becomes insensible and faints; the body is thrown about in all directions, froth issues from the mouth, incoherent expressions are uttered, and fits of laughter, crying, or screaming, take place. When the fit is going off, the patient mostly cries bitterly, sometimes knowing all, and at others nothing, of what has taken place, and feeling general soreness all over the body.—*Treatment during the fit:* Place the body in the same position as for simple fainting, and treat, in other respects, as directed in the article on Epilepsy. *Always well loosen the patient's stays;* and, when she is recovering, and able to swallow, give 20 drops of sal volatile in a little water. The *after-treatment* of these cases is very various. If the patient is of a strong constitution, she should live on plain diet, take plenty of exercise, and take occasional doses of castor-oil, or an aperient mixture. If, as is mostly the case, the patient is weak and delicate, she will require a different mode of treatment altogether: good nourishing diet, gentle exercise, cold baths, occasionally a dose of myrrh and aloes pills at night, and a dose of compound iron pills twice a day. As to the myrrh and aloes pills, 10 grs. made into two pills are a dose for a full-grown person. Of the compound iron pills, the dose for a full-grown person is also 10 grs., made into two pills. In every case, amusing the mind, and avoiding all causes of over-excitement, are of great service in bringing about a permanent cure.

ICE.

Rough ice for domestic use can be well kept, packed from the air in sawdust or feathers. Smaller quantities may be wrapped in flannel, or put into a flannel jelly-bag, so that the water can drain off.

ICE-CASK, FOR PRESERVING SMALL QUANTITIES OF ICE.

Take two casks, one 6 or 7 inches longer and wider than the other; into the larger of these put charcoal powder, 3 or 4 inches deep; then place the smaller cask, filled with ice, on this, and fill up the sides between the two casks with charcoal powder rammed down tight; arrange a double cover and fill the interstice in the same way as the sides. When this is done, bore a hole 1 inch in diameter through the

bottoms of the two casks, and insert a wooden peg to let off any water. Set the cask upon a stand, and keep it in as cool a place as possible.

ICE, TO CUT.

Ice may be cut into small pieces, of any shape, merely by tapping into it the point of a fine needle.

ICE-HOUSE.

The spot selected for an ice-house should contain good drainage. The best mode of drainage is earthen pipes with a siphon trap. The well of the ice-house should be much larger in diameter than in depth. It is a common error to imagine that the deeper the well the better it will keep ice; on the contrary, ice wastes most at the sides of the well. A good ice-well should be built with double walls, at the distance of about 18 inches or 2 feet apart, and the interval filled up with ashes or charcoal, or anything that will absorb damp.

ICE-SAFE.

This is a very ingenious and useful invention, and one of great importance in domestic economy. No large house should be without its ice-safe. It not only acts as a refrigerator, but at the same time economizes a supply of ice. The safe itself is a large chest with hollow sides, filled with some non-conducting substance. The interior is fitted up with shelves of zinc, and the ice is placed in an upright chamber in the centre of the safe. Anything required may be kept cool in it. Meat, fruit, vegetables, butter, &c., may be preserved in it during the hottest summer weather, and wine iced by being set upon the shelf for a short time.

ICING WINE ARTIFICIALLY.

Ice, in England, is an expensive luxury, and often difficult to be had in some parts of the country at any price. As regards the cooling of wine, when ice cannot be procured, the following simple methods may be made use of:—

Place the wine, up to the shoulder of the bottles, in a vessel of the coldest pump-water that can be had; then take equal parts of muriate of ammonia and nitre, powdered and mixed, or nitrate of ammonia in powder; sprinkle about 4 oz. of either of these powders on the shoulders of the bottles, so that, by gradually dissolving, it may run down the sides into the water: as the salt dissolves, the bottles should be gently turned in the mixture, and kept in it about half an hour. What is called "Freezing Powder" may be bought at any chemist's, sufficient to ice a bottle of wine for 1*d.*

IMITATION GOLD.

Spanish copper, 6½ pennyweights; fine silver, 3½ ditto; gold coin, 29 ditto. Fuse together. The alloy will be worth £3 the ounce.

IMPERIAL LIQUID FOR THE HAIR.

Put a gallon of sweet oil into a pan, with a bag containing 4 oz. of alkanet-root, cut and bruised; give the whole a good heat (but not a boiling one), until the oil is completely impregnated with the red colour. Now pour it into a jar, and, when cold, add 4 oz. of essence of bergamot, 4 oz. of oil of jasmine, and 3 oz. of eau de millefleurs. Stir the whole well together.

IMPRESSIONS FROM COINS.

Melt a little isinglass-glue with brandy, and pour it thinly over the medal, &c., so as to cover its whole surface; let it remain on for a day or two, till it has thoroughly dried and hardened, and then take it off, when it will be fine, clear, and as hard as a piece of Muscovy glass, and will have a very elegant impression of the coin. It will also resist the effects of damp air, which occasions all other kinds of glue to soften and bend, if not prepared in this way.

INDESTRUCTIBLE INK.

Ingredients: 25 grains of powdered copal, 200 grains of oil of lavender,

2½ grains of lamp-black, ½ grain of indigo.—*Mode:* Dissolve the copal in the lavender, and mix in the lamp-black and indigo. This ink is indestructible by any process that will not equally destroy the material on which it is applied. It is particularly useful for labelling phials which contain chemicals of a corrosive nature.

INDIAN INK.

Make a thin size of isinglass and water, and work into it sufficient of the finest lamp-black to make it into a thick paste; scent this paste with a few drops of essence of musk, mould it into sticks, and leave it to dry. While wet it can be ornamented with a little gold-leaf, so as to give it the appearance of genuine Indian ink: for all common purposes it is quite as good. Thin gum-water may be used instead of isinglass-size.

INDIGESTION.

There is no more common ailment with persons of middle life than indigestion, nor one which arises from such varied causes, or which is oftentimes more difficult to cure. Anything which destroys the tone of the liver, gall, stomach, or spleen, such as climate, intoxication, sedentary habits, intense study or anxiety, excess of any kind, irregularity of bodily functions or way of living, hard food, gluttony, too frequent use of warm slops, as tea, coffee, &c., will produce indigestion. Knowing the cause, then, enables us to find a remedy; yet often it requires a long time to restore activity and tone to those organs which have been injured by long debility or morbid action; and if accompanied by flatulency, loss of appetite, acidity, &c., these symptoms will suggest a modification of the remedies to be employed. The following are recommended to remove the immediate symptoms of indigestion:—1. Magnesia, 3 drachms; rhubarb in powder, 1 scruple; water, 4 oz.; cinnamon-water, 1 oz.; compound spirit of lavender, ½ drachm. Take two tablespoonfuls three times a-day. This will destroy acidity and restore tone to the stomach.—2. Dill-water, 3 oz.; spirit of cinnamon, 1 oz.; ammoniated tincture of valerian, 2 drachms; tincture of opium, 40 drops; sulphuric ether, 1 drachm. This assists to allay pain and destroy flatulency.—3. Soccotrine aloes and powdered rhubarb, each 1 drachm; compound powder of cinnamon, 1 scruple; hard soap, ½ drachm; syrup to form a mass, which may be divided into 50 pills, of which 2 are a sufficient dose. This is an aperient, and consequently assists digestion by removing crude matters from the stomach.—4. Infusion of columbo, 6 oz.; carbonate of potass, 1 drachm; compound tincture of gentian, 3 drachms. *Dose:* 2 or 3 tablespoonfuls daily at noon.—5. Epsom salts, 3 drachms; rosewater, ½ pint; tincture of cascarilla, ½ oz. *Dose:* as last.—6. Quicklime, ½ oz., slaked by sprinkling on it a little water; and when it has fallen to powder, add water, 1½ pint; bruised Peruvian bark, 1 oz. Soak for three hours, occasionally stirring it, in a covered vessel; then decant the clear liquid, and add tincture of bark, 2 oz.; sweet spirits of nitre, 3 drachms; syrup of orange-peel, 1 oz. Mix well, and keep it in a corked bottle. *Dose:* a wineglassful two or three times a day, with an aperient medicine occasionally.—7. Carbonate of soda, 1 drachm; compound tincture of rhatany, 1 oz.; tinctures of ginger and camomiles, of each 3 drachms; camphor and jalap, 7 oz. *Dose:* as before.

INFANTS.

Infantine management, like the mother's love for her offspring, seems to be born with her child, and to be a direct intelligence of Nature. It may thus, at first sight, appear as inconsistent and presumptuous to tell a woman how to rear her infant as to instruct her in the manner of loving it. Yet, though Nature is unquestionably the best nurse, Art makes so admirable a foster-mother, that no sensible woman, in her novitiate of parent, would refuse the admonitions of Art, or the teachings of

Infants.

experience, to consummate her duties of nurse. It is true that, in a civilized state of society, few young wives reach the epoch that makes them mothers without some insight, traditional or practical, into the management of infants; consequently, the cases wherein a woman is left to her own unaided intelligence, or what, in such a case, may be called instinct, and obliged to trust to the promptings of Nature alone for the well-being of her child, are very rare indeed. Again, every woman is not gifted with the same physical ability for the harassing duties of a mother; and though Nature, as a general rule, has endowed all female creation with the attributes necessary to that most beautiful and, at the same time, holiest function—the healthy rearing of their offspring,—the cases are sufficiently numerous to establish the exception, where the mother is either physically or socially incapacitated from undertaking these most pleasing duties herself, and where, consequently, she is compelled to trust to adventitious aid for those natural benefits which are at once the mother's pride and delight to render to her child.

In these cases, when obliged to call in the services of hired assistance, she must trust the dearest obligation of her life to one who, from her social sphere, has probably notions of rearing children diametrically opposed to the preconceived ideas of the mother, and at enmity with all her sentiments of right and prejudices of position.

It has justly been said—we think by Hood—that the children of the poor are not brought up, but *dragged up*. However facetious this remark may seem, there is much truth in it; and that children, reared in the reeking dens of squalor and poverty, live at all, is an apparent anomaly in the course of things, that, at first sight, would seem to set the laws of sanitary provision at defiance, and make it appear a perfect waste of time to insist on pure air and exercise as indispensable necessaries of life, and especially so as regards infantine existence.

Infants.

We see elaborate care bestowed on a family of children, everything studied that can tend to their personal comfort, —pure air, pure water, regular ablution, a dietary prescribed by art, and every precaution adopted that medical judgment and maternal love can dictate, for the well-being of the parent's hope,—and find, in despite of all this care and vigilance, disease and death invading the guarded treasure. We turn to the fœtor and darkness that, in some obscure court, attend the robust brood who, coated in dirt, and with mud and refuse for playthings, live and thrive, and grow into manhood, and, in contrast to the pale face and flabby flesh of the aristocratic child, exhibit strength, vigour, and well-developed frames, and our belief in the potency of the life-giving elements of air, light, and cleanliness receives a shock that, at first sight, would appear fatal to the implied benefits of these, in reality, all-sufficient attributes of health and life.

But as we must enter more largely on this subject hereafter, we shall leave its consideration for the present, and return to what we were about to say respecting trusting to others' aid in the rearing of children. Here it is that the young and probably inexperienced mother may find our remarks not only an assistance but a comfort to her, in as far as, knowing the simplest and best system to adopt, she may be able to instruct another, and see that her directions are fully carried out.

The human body, materially considered, is a beautiful piece of mechanism, consisting of many parts, each one being the centre of a system, and performing its own vital function irrespectively of the others, and yet dependent for its vitality upon the harmony and health of the whole. It is, in fact, to a certain extent, like a watch, which, when once wound up and set in motion, will continue its functions of recording true time only so long as every wheel, spring, and lever performs its allotted duty, and at its allotted time; or till the limit that man's ingenuity has placed to its existence as a

moving automaton has been reached, or, in other words, till it has run down.

What the key is to the mechanical watch, air is to the physical man. Once admit air into the mouth and nostrils, and the lungs expand, the heart beats, the blood rushes to the remotest part of the body, the mouth secretes saliva, to soften and macerate the food; the liver forms its bile, to separate the nutriment from the digested aliment; the kidneys perform their office; the eye elaborates its tears, to facilitate motion and impart that glistening to the orb on which depends so much of its beauty; and a dewy moisture exudes from the skin, protecting the body from the extremes of heat and cold, and sharpening the perception of touch and feeling. At the same instant, and in every part, the arteries, like innumerable bees, are everywhere laying down layers of muscle, bones, teeth, and, in fact, like the coral zoophyte, building up a continent of life and matter; while the veins, equally busy, are carrying away the *débris* and refuse collected from where the zoophyte arteries are building; this refuse, in its turn, being conveyed to the liver, there to be converted into bile.

All these—and they are but a few of the vital actions constantly taking place—are the instant result of one gasp of life-giving air. No subject can be fraught with greater interest than watching the first spark of life, as it courses with electric speed "through all the gates and alleys" of the soft, insensate body of the infant. The effect of air on the new-born child is as remarkable in its results as it is wonderful in its consequence; but, to understand this more intelligibly, it must be first remembered that life consists of the performance of *three* vital functions—*Respiration*, *Circulation*, and *Digestion*. The lungs digest the air, taking from it its most nutritious element, the *oxygen*, to give to the impoverished blood that circulates through them. The stomach digests the food, and separates the nutriment—*chyle*—from the aliment, which it gives to the blood for the development of the frame; and the blood, which is understood by the term circulation, digests in its passage through the lungs the nutriment—*chyle*—to give it quantity and quality, and the *oxygen* from the air to give it vitality. Hence it will be seen that, speaking generally, the three vital functions resolve themselves into one—*Digestion*, and that the lungs are the primary and the most important of the vital organs, and respiration, the first, in fact, as we all know it is the last in deed, of all the functions performed by the living body.

The Lungs.—Respiration.—The first effect of air on the infant is a slight tremor about the lips and angles of the mouth, increasing to twitchings, and finally to a convulsive contraction of the lips and cheeks, the consequence of sudden cold to the nerves of the face. This spasmodic action produces a gasp, causing the air to rush through the mouth and nostrils, and enter the windpipe and upper portion of the flat and contracted lungs, which, like a sponge partly immersed in water, immediately expand. This is succeeded by a few faint sobs or pants, by which larger volumes of air are drawn into the chest, till, after a few seconds, and when a greater bulk of the lungs has become inflated, the breastbone and ribs rise, the chest expands, and, with a sudden start, the infant gives utterance to a succession of loud, sharp cries, which have the effect of filling every cell of the entire organ with air and life. To the anxious mother, the first voice of her child is, doubtless, the sweetest music she ever heard; and the more loudly it peals, the greater should be her joy, as it is an indication of health and strength, and not only shows the perfect expansion of the lungs, but that the process of life has set in with vigour. Having welcomed in its own existence, like the morning bird, with a shrill note of gladness, the infant ceases its cry, and, after a few short sobs, usually subsides into sleep or quietude.

At the same instant that the air rushes into the lungs, the valve, or door between the two sides of the heart—and

through which the blood had previously passed—is closed and hermetically sealed, and the blood taking a new course, bounds into the lungs, now expanded with air, and which we have likened to a wetted sponge, to which they bear a not inapt affinity, air being substituted for water. It here receives the *oxygen* from the atmosphere, and the *chyle*, or white blood, from the digested food, and becomes, in an instant, arterial blood,—a vital principle, from which every solid and fluid of the body is constructed. Besides the lungs, Nature has provided another respiratory organ, a sort of supplemental lung, which, as well as being a covering to the body, *in*spires air and *ex*pires moisture : this is the cuticle, or skin ; and so intimate is the connection between the skin and the lungs, that whatever injures the one is certain to affect the latter.

Hence the difficulty of breathing experienced after scalds or burns on the cuticle, the cough that follows the absorption of cold or damp by the skin, the oppressed and laborious breathing experienced by children in all eruptive diseases, while the rash is coming to the surface, and the hot dry skin that always attends congestion of the lungs and fever.

The great practical advantage derivable from this fact is, the knowledge that whatever relieves the one benefits the other. Hence, too, the great utility of hot baths in all affections of the lungs or diseases of the skin ; and the reason why exposure to cold or wet is, in nearly all cases, followed by tightness of the chest, sore throat, difficulty of breathing, and cough. These symptoms are the consequence of a larger quantity of blood than is natural remaining in the lungs, and the cough is a mere effort of Nature to throw off the obstruction caused by the presence of too much blood in the organ of respiration. The hot bath, by causing a larger amount of blood to rush suddenly to the skin, has the effect of relieving the lungs of their excess of blood, and by equalizing the circulation, and promoting perspiration from the cuticle, affords immediate and direct benefit, both to the lungs and the system at large.

The Stomach.—Digestion.—The organs that either directly or indirectly contribute to the process of digestion are, the mouth, teeth, tongue, and gullet, the stomach, small intestines, the pancreas, the salivary glands, and the liver. Next to respiration, digestion is the chief function in the economy of life, as without the nutritious fluid digested from the aliment, there would be nothing to supply the immense and constantly recurring waste of the system, caused by the activity with which the arteries at all periods, but especially during infancy and youth, are building up the frame and developing the body. In infancy (the period of which our present subject treats), the series of parts engaged in the process of digestion may be reduced to the stomach and liver, or rather its secretion,—the bile. The stomach is a thick muscular bag, connected above with the gullet, and at its lower extremity with the commencement of the small intestines. The duty or function of the stomach is to secrete from the arteries spread over its inner surface, a sharp acid liquid called the *gastric juice;* this with a due mixture of saliva, softens, dissolves, and gradually digests the food or contents of the stomach, reducing the whole into a soft pulpy mass, which then passes into the first part of the small intestines, where it comes in contact with the bile from the gall-bladder, which immediately separates the digested food into two parts : one is a white creamy fluid called *chyle*, and the absolute concentration of all nourishment, which is taken up by proper vessels, and, as we have before said, carried directly to the heart, to be made blood of, and vitalized in the lungs, and thus provide for the wear-and-tear of the system. It must be here observed that the stomach can only digest *solids*, for fluids, being incapable of that process, can only be *absorbed*, and without the result of digestion, animal, at least human life, could not exist. Now, as Nature has ordained that infantine life shall be supported on

liquid aliment, and as without a digestion the body would perish, some provision was necessary to meet this difficulty, and that provision was found in the nature of the liquid itself,—or, in other words, THE MILK. The process of making cheese, or fresh curds and whey, is familiar to most persons; but as it is necessary to the elucidation of our subject, we will briefly repeat it. The internal membrane, or the lining coat of a calf's stomach, having been removed from the organ, is hung up like a bladder, to dry; when required, a piece is cut off, put into a jug, a little warm water poured upon it, and after a few hours it is fit for use, the liquid so made being called *rennet*. A little of this rennet, poured into a basin of warm milk, at once coagulates the greater part, and separates from it a quantity of thin liquor called *whey*. This is precisely the actio n- that takes place in the infant's stoma ng after every supply from the breast. th, cause is the same in both cases, the a te, of the gastric juice in the infant's and mach immediately converting the m. into a soft cheese. It is gastric juice adhering to the calf's stomach, and drawn out by the water, forming rennet, that makes the curds in the basin. The cheesy substance being a solid, at once undergoes the process of digestion, is separated into *chyle* by the bile, and, in a few hours, finds its way to the infant's heart to become blood and commence the architecture of its little frame. This is the simple process of a baby's digestion:—milk converted into cheese, cheese into *chyle*, chyle into blood, and blood into flesh, bone, and tegument: how simple is the cause, but how sublime and wonderful are the effects!

We have described the most important of the three functions that take place in the infant's body—respiration and digestion; the third, namely, circulation, we hardly think it necessary to enter on, not being called for by the requirements of the nurse and mother; so we shall omit its notice, and proceed from theoretical to more practical considerations. Children of weakly constitutions are just as likely to be born of robust parents, and those who earn their bread by toil, as the offspring of luxury and affluence; and, indeed, it is against the ordinary providence of nature to suppose the children of the hardworking and necessitous to be hardier and more vigorous than those of parents blessed with ease and competence.

All children come into the world in the same imploring helplessness, with the same general organization and wants, and demanding either from the newly-awakened mother's love, or from the memory of motherly feeling in the nurse, or the common appeals of humanity in those who undertake the earliest duties of an infant, the same mc istance and protection, and the same fin ering care.

the Ve have already described the sudd omenon produced on the new-born This by the contact of air, which, after caus ccession of muscular twitchings, mo mes endowed with voice, and pr alds its advent by a loud but brief ccession of cries. But though this is the general rule, it sometimes happens (from causes it is unnecessary here to explain) that the infant does not cry, or give utterance to any audible sounds, or if it does, they are so faint as scarcely to be distinguished as human accents, plainly indicating that life, as yet, to the new visitor, is neither a boon nor a blessing; the infant being, in fact, in a state of suspended or imperfect vitality,—a state of *quasi* existence, closely approximating the condition of a *still-birth*.

As soon as this state of things is discovered, the child should be turned on its right side, and the whole length of the spine, from the head downwards, rubbed with all the fingers of the right hand, sharply and quickly, without intermission, till the quick action has not only evoked heat, but electricity in the part, and till the loud and sharp cries of the child have thoroughly expanded the lungs, and satisfactorily established its life. The operation will seldom require above a minute to effect, and less frequently demands a repetition.

Infants.

If there is brandy at hand, the fingers before rubbing may be dipped into that, or any other spirit.

There is another condition of what we may call "mute births," where the child only makes short ineffectual gasps, and these at intervals of a minute or two apart, when the lips, eyelids, and fingers become of a deep purple or slate colour, sometimes half the body remaining white, while the other half, which was at first swarthy, deepens to a livid hue. This condition of the infant is owing to the valve between the two sides of the heart remaining open, and allowing the unvitalized venous blood to enter the arteries and get into the circulation.

The object in this case, as in the previous one, is to dilate the lungs as quickly as possible, so that, by the sudden effect of a vigorous inspiration, the valve may be firmly closed, and the impure blood, losing this means of egress, be sent directly to the lungs. The same treatment is therefore necessary as in the previous case, with the addition, if the friction along the spine has failed, of a warm bath at a temperature of about 80°, in which the child is to be plunged up to the neck, first cleansing the mouth and nostrils of the mucus that might interfere with the free passage of air.

While in the bath, the friction along the spine is to be continued, and if the lungs still remain unexpanded, while one person retains the child in an inclined position in the water, another should insert the pipe of a small pair of bellows into one nostril, and while the mouth is closed and the other nostril compressed on the pipe with the hand of the assistant, the lungs are to be slowly inflated by steady puffs of air from the bellows, the hand being removed from the mouth and nose after each inflation, and placed on the pit of the stomach, and by a steady pressure expelling it out again by the mouth. This process is to be continued, steadily inflating and expelling the air from the lungs, till, with a sort of tremulous leap, Nature takes up the process, and the infant begins to gasp, and finally to cry, at first low and faint, but with every engulp of air increasing in length and strength of volume, when it is to be removed from the water, and instantly wrapped (all but the face and mouth) in a flannel. Sometimes, however, all these means will fail in effecting an utterance from the child, which will lie, with livid lips and a flaccid body, every few minutes opening its mouth with a short gasping pant, and then subsiding into a state of pulseless inaction, lingering probably some hours, till the spasmodic pantings growing further apart, it ceases to exist.

The time that this state of negative vitality will linger in the frame of an infant is remarkable; and even when all the previous operations, though long-continued, have proved ineffectual, the child will often rally from the simplest of means—the application of dry heat. When removed from the bath, place three or four hot bricks or tiles on the hearth, and lay the child, loosely folded in a flannel, on its back along them, taking care that there is but one fold of flannel between the spine and heated bricks or tiles. When neither of these articles can be procured, put a few clear pieces of red cinder in a warming-pan, and extend the child in the same manner along the closed lid. As the heat gradually diffuses itself over the spinal marrow, the child that was dying, or seemingly dead, will frequently give a sudden and energetic cry, succeeded in another minute by a long and vigorous peal, making up, in volume and force, for the previous delay, and instantly confirming its existence by every effort in its nature.

With these two exceptions—restored by the means we have pointed out to the functions of life—we will proceed to the consideration of the child HEALTHILY BORN. Here the first thing that meets us on the threshold of inquiry, and what is often between mother and nurse not only a vexed question, but one of vexatious import, is the *crying* of the child; the mother, in her natural anxiety, maintaining that her infant *must be ill* to cause it to cry

so much or so often, and the nurse insisting that *all* children cry, and that nothing is the matter with it, and that crying does good, and is, indeed, an especial benefit to infancy. The anxious and unfamiliar mother, though not convinced by these abstract sayings of the truth or wisdom of the explanation, takes both for granted; and, giving the nurse credit for more knowledge and experience on this head than she can have, contentedly resigns herself to the infliction, as a thing necessary to be endured for the good of the baby, but thinking it, at the same time, an extraordinary instance of the imperfectibility of Nature as regards the human infant; for her mind wanders to what she has observed in her childhood with puppies and kittens, who, except when rudely torn from their nurse, seldom give utterance to any complaining.

We undoubtedly believe that crying, to a certain extent, is not only conducive to health, but positively necessary to the full development and physical economy of the infant's being. But though holding this opinion, we are far from believing that a child does not very often cry from pain, thirst, want of food, and of attention to its personal comfort; but there is as much difference in the tone and expression of a child's cry as in the notes of an adult's voice; and the mother's ear will not be long in discriminating between the sharp peevish whine of irritation and fever, and the louder intermitting cry that characterizes the want of warmth and sleep. All these shades of expression in the child's inarticulate voice every nurse *should* understand, and every mother will soon teach herself to interpret them with an accuracy equal to language.

There is no part of a woman's duty to her child that a young mother should so soon make it her business to study, as the voice of her infant, and the language conveyed in its cry. The study is neither hard nor difficult; a close attention to its tone, and the expression of the baby's features, are the two most important points demanding attention. The key to both the mother will find in her own heart, and the knowledge of her success in the comfort and smile of her infant. We have two reasons—both strong ones—for urging on mothers the imperative necessity of early making themselves acquainted with the nature and wants of their child: the first, that when left to the entire responsibility of the baby, after the departure of the nurse, she may be able to undertake her new duties with more confidence than if left to her own resources and mother's instinct, without a clue to guide her through the mysteries of those calls that vibrate through every nerve of her nature; and, secondly, that she may be able to guard her child from the nefarious practices of unprincipled nurses, who, while calming the mother's mind with false statements as to the character of the baby's cries, rather than lose their rest, or devote that time which would remove the cause of suffering, administer, behind the curtains, those deadly narcotics which, while stupefying nature into sleep, insure for herself a night of many unbroken hours. Such nurses as have not the hardihood to dose their infant charges, are often full of other schemes to still that constant and reproachful cry. The most frequent means employed for this purpose is giving it something to suck,—something easily hidden from the mother,—or, when that is impossible, under the plea of keeping it warm, the nurse covers it in her lap with a shawl, and, under this blind, surreptitiously inserts a finger between the parched lips, which possibly moan for drink; and, under this inhuman cheat and delusion, the infant is pacified, till nature, balked of its desires, drops into a troubled sleep. These are two of our reasons for impressing upon mothers the *early*, the *immediate* necessity of putting themselves sympathetically in communication with their child, by at once learning its hidden language as a delightful task.

We must strenuously warn all mothers on *no* account to allow the nurse

to sleep with the baby, never herself to lay down with it by her side for a night's rest, never to let it sleep in the parents' bed, and on no account keep it, longer than absolutely necessary, confined in an atmosphere loaded with the breath of many adults.

The amount of *oxygen* required by an infant is so large, and the quantity consumed by mid-life and age, and the proportion of carbonic acid thrown off from both, so considerable, that an infant breathing the same air cannot possibly carry on its healthy existence while deriving its vitality from so corrupted a medium. This objection, always in force, is still more objectionable at night-time, when doors and windows are closed, and amounts to a condition of poison, when placed between two adults in sleep, and shut in by bed-curtains; and when, in addition to the impurities expired from the lungs, we remember, in quiescence and sleep, how large a portion of mephitic gas is given off from the skin.

Mothers, in the fulness of their affection, believe there is no harbour, sleeping or awake, where their infants can be so secure from all possible or probable danger as in their own arms; yet we should astound our readers if we told them the statistical number of infants who, in despite of their motherly solicitude and love, are annually killed, unwittingly, by such parents themselves, and this from the persistency in the practice we are so strenuously condemning. The mother frequently, on awaking, discovers the baby's face closely impacted between her bosom and her arm, and its body rigid and lifeless, or else so enveloped in the "head-blanket" and superincumbent bed-clothes, as to render breathing a matter of physical impossibility. In such cases the jury in general returns a verdict of "*Accidentally overlaid;*" but one of "Careless suffocation" would be more in accordance with truth and justice. The only possible excuse that can be urged, either by nurse or mother, for this culpable practice, is the plea of imparting warmth to the infant. But this

can always be effected by an extra blanket in the child's crib, or, if the weather is particularly cold, by a bottle of hot water enveloped in flannel and placed at the child's feet; while all the objections already urged—as derivable from animal heat imparted by actual contact—are entirely obviated. There is another evil attending the sleeping together of the mother and infant, which, as far as regards the latter, we consider quite as formidable, though not so immediate as the others, and is always followed by more or less of mischief to the mother. The evil we now allude to is that most injurious practice of letting the child *suck* after the mother has *fallen asleep*, a custom that naturally results from the former, and which, as we have already said, is injurious to both mother and child. It is injurious to the infant by allowing it, without control, to imbibe to distension a fluid sluggishly secreted and deficient in those vital principles which the want of mental energy, and of the sympathetic appeals of the child on the mother, so powerfully produce on the secreted nutriment, while the mother wakes in a state of clammy exhaustion, with giddiness, dimness of sight, nausea, loss of appetite, and a dull aching pain through the back and between the shoulders. In fact she wakes languid and unrefreshed from her sleep, with febrile symptoms and hectic flushes, caused by her baby vampire, who, while dragging from her her health and strength, has excited in itself a set of symptoms directly opposite, but fraught with the same injurious consequences — "functional derangement."

INFANTS, BRINGING UP BY HAND.

Articles necessary, and how to use them.—As we do not for a moment wish to be thought an advocate for an artificial, in preference to the natural course of rearing children, we beg our readers to understand us perfectly on this head; all we desire to prove is the fact that a child *can* be brought up as well on a spoon dietary as the best

Infants, Bringing up by Hand.

example to be found of those reared on the breast; having more strength, indeed, from the more nutritious food on which it lives. It will be thus less liable to infectious diseases, and more capable of resisting the virulence of any danger that may attack it; and without in any way depreciating the nutriment of its natural food, we wish to impress on the mother's mind that there are many cases of infantile debility which might eventuate in rickets, curvature of the spine, or mesenteric disease, where the addition to, or total substitution of, an artificial and more stimulating aliment, would not only give tone and strength to the constitution, but at the same time render the employment of mechanical means totally unnecessary. And, finally, though we would never—where the mother had the strength to suckle her child—supersede the breast, we would insist on making it a rule to accustom the child, as early as possible, to the use of an artificial diet, not only that it may acquire more vigour to help it over the ills of childhood, but that, in the absence of the mother, it might not miss the maternal sustenance; and also for the parent's sake, that, should the milk, from any cause, become vitiated, or suddenly cease, the child can be made over to the bottle and the spoon without the slightest apprehension of hurtful consequences.

To those persons unacquainted with the system, or who may have been erroneously informed on the matter, the rearing of a child by hand may seem surrounded by innumerable difficulties, and a large amount of personal trouble and anxiety to the nurse or mother who undertakes the duty. This, however, is a fallacy in every respect, except as regards the fact of preparing of the food; but even this extra amount of work, by adopting the course we shall lay down, may be reduced to a very small sum of inconvenience; and as respects anxiety, the only thing calling for care is the display of judgment in the preparation of the food. The articles required for the purpose of feeding an infant are a night-lamp, with its pan and lid, to keep the food warm; a nursing-bottle, with a prepared teat; and a small pap-saucepan, for use by day. Of the lamp we need hardly speak, most mothers being acquainted with its operation; but to those to whom it is unknown, we may observe, that the flame from the floating rushlight heats the water in the reservoir above, in which the covered pan that contains the food floats, keeping it at such a heat that, when thinned by milk, it will be of a temperature suitable for immediate use. Though many kinds of nursing-bottles have been lately invented, and some mounted with india-rubber nipples, the common glass bottle, with the calf's teat, is equal in cleanliness and utility to any; besides, the nipple put into the child's mouth is so white and natural in appearance, that no child taken from the breast will refuse it. The black artificial ones of caoutchouc or gutta-percha are unnatural. The prepared teats can be obtained at any chemist's, and as they are kept in spirits, they will require a little soaking in warm water, and gentle washing, before being tied securely, by means of fine twine, round the neck of the bottle, just sufficient being left projecting for the child to grasp freely in its lips; for if left the full length, or over long, it will be drawn too far into the mouth, and possibly make the infant heave. When once properly adjusted, the nipple need never be removed till replaced by a new one, which will hardly be necessary oftener than once a fortnight, though with care one will last for several weeks. The nursing-bottle should be thoroughly washed and cleaned every day, and always rinsed out before and after using it, the warm water being squeezed through the nipple, to wash out any particles of food that might lodge in the aperture, and become sour. The teat can always be kept white and soft by turning the end of the bottle, when not in use, into a narrow jug containing water, taking care to dry it first, and then to warm it by drawing the food through before putting it into the child's mouth.

INFANTS' DRESS AND DRESSING, WASHING, &c.

As respects the dress and dressing of a new-born infant, or of a child in arms, during any stage of its nursing, there are few women who will require us to give them guidance or directions for their instruction; and though a few hints on the subject may not be out of place here, yet most women intuitively "take to a baby," and, with a small amount of experience, are able to perform all the little offices necessary to its comfort and cleanliness with ease and completeness. We shall, therefore, on this delicate subject hold our peace; and only, from afar, *hint* "at what we would," leaving our suggestions to be approved or rejected, according as they chime with the judgment and the apprehension of our motherly readers.

In these days of intelligence, there are few ladies who have not, in all probability, seen the manner in which the Indian squaw, the aborigines of Polynesia, and even the Lapp and Esquimaux, strap down their baby on a board, and by means of a loop suspend it to the bough of a tree, hang it up to the rafters of the hut, or on travel, dangle it on their backs, outside the domestic implements, which, as the slave of her master, man, the wronged but uncomplaining woman carries, in order that her lord may march in unhampered freedom. Cruel and confining as this system of "backboard" dressing may seem to our modern notions of freedom and exercise, it is positively less irksome, less confining, and infinitely less prejudicial to health, than the mummying of children by our grandmothers a hundred, ay, fifty years ago: for what with chin-stays, back-stays, body-stays, forehead-cloths, rollers, bandages, &c., an infant had as many girths and strings, to keep head, limbs, and body in one exact position, as a ship has halyards.

Much of this—indeed we may say all—has been abolished; but still the child is far from being dressed loosely enough; and we shall never be satisfied till the abominable use of the *pin* is avoided *in toto* in an infant's dressing, and a texture made for all the under garments of a child of a cool and elastic material.

Infants' Dress and Dressing.

The manner in which an infant is encircled in a bandage called the "roller," as if it had fractured ribs, compressing those organs that, living on suction, must be, for the health of the child, to a certain degree distended, to obtain sufficient aliment from the fluid imbibed, is perfectly preposterous. Our humanity, as well as our duty, calls upon us at once to abrogate and discountenance this by every means in our power. Instead of the process of washing and dressing being made, as with the adult, a refreshment and comfort, it is, by the dawdling manner in which it is performed, the multiplicity of things used, and the perpetual change of position of the infant to adjust its complicated clothing, rendered an operation of positive irritation and annoyance. We therefore entreat all mothers to regard this subject in its true light, and study to the utmost simplicity in dress and dispatch in the process.

Children do not so much cry from the washing as from the irritation caused by the frequent change of position in which they are placed, the number of times they are turned on their face, on their back, and on their side, by the manipulations demanded by the multiplicity of articles to be fitted, tacked, and carefully adjusted on their bodies. What mother ever found her girl of six or seven stand quiet while she was curling her hair? How many times nightly has she not to reprove her for not standing still during the process! It is the same with the unconscious infant, who cannot bear to be moved about, and who has no sooner grown reconciled to one position than it is forced reluctantly into another. It is true, in one instance the child has intelligence to guide it, and in the other not; but the *motitory nerves*, in both instances, resent coercion, and a child cannot be too little handled.

On this account alone, and, for the moment, setting health and comfort out of the question, we beg mothers to simplify their baby's dress as much as possible; and not only to put on as little as is absolutely necessary, but to make that as simple in its contrivance and adjustment as it will admit of; to avoid belly-bands, rollers, girths, and everything that can impede or confine the natural expansion of the digestive organs, on the due performance of whose functions the child lives, thrives, and develops its physical being.

INFANTS' FOOD, AND ITS PREPARATION.

The articles generally employed as food for infants, consist of arrowroot, bread, flour, baked flour, prepared groats, farinaceous food, biscuit-powder, biscuits, tops and bottoms, semolina, &c. Of this list, the least efficacious, though the most believed in, is arrowroot, which only as a mere change, and then but for a short time, should ever be employed as a diet for infancy or childhood. It is a thin, flatulent, and unnutritious food, and incapable of supporting infantine life with energy. Bread should never be given to an infant under three months, and even then, however finely beaten up and smoothly made, it is a very questionable diet. Flour, when well boiled, though infinitely better than arrowroot, is still only a kind of fermentative paste that counteracts its own good by acidity and flatulency. Baked flour, when worked into a pale brown mass and finely powdered, makes a far superior food to the others, and may be considered as a very useful diet, especially for a change. Prepared groats may be classed with arrowroot and raw flour as being innutritious. The articles that now follow are all good, and such as we can with safety trust for the health and development of any child. An occasional change of diet, even for a single day, is often very desirable. The packets sold as farinaceous food are unquestionably the best aliment that can be given from the first to a baby, and this sort of food may be continued, with an occasional change, until the child is able to take its regular meals of animal and vegetable diet. Some infants are so constituted as to require a frequent and entire change in their system of living, seeming to thrive for a certain time on any food given to them; but, if persevered in too long, declining in bulk and appearance as rapidly as they had previously progressed. In such cases the food should be immediately changed, and, when that which appeared to agree best with the child is resumed, it may be altered in its quality and perhaps in its consistency. For farinaceous food there are directions for making on each packet, and whatever food is employed, enough should be made at once to last the day and night; at first about a pint; but as the child advances, a quart will hardly be too much. In all cases, let the food be boiled a sufficient time, constantly stirring, and taking every precaution that it does not get burnt; for in that case it ought on no account to be used. The food should always be made with water, and the whole sweetened at once, and it should be of such a consistency that, after cooling, it will cut with the firmness of a custard or pudding. One or two spoonfuls are to be put into the pap saucepan and stood on the hob till softened; then milk is to be added, and carefully mix till the whole has the consistency of cream. The food is then to be poured into the nursing-bottle, and having been drawn through to warm the nipple, it is to be placed in the child's mouth. For the first month or two half a bottleful will be quite enough to give an infant at one time; but as the child grows it will be necessary not only to increase the quantity at each time, but also gradually to make the food more consistent, and after the third month to add an egg to every pint-basin of food made. At night the mother will put the food into the covered pan of her lamp instead of into the saucepan, that is, enough for one supply, and having lighted the rush, she will find, on the waking of the child, that the food is sufficiently hot to bear

the cooling addition of the milk. The same food should never be heated twice, and what the child leaves should be thrown away. Biscuit-powder is used and prepared in the same way as farinaceous food. Tops-and-bottoms and whole biscuits require soaking in cold water for some time previous to boiling. They are then to be boiled in as much water as will, when they are thoroughly soft, allow of their being beaten with a fork into a fine smooth and even pulp, which, when it is poured into a basin and has become cool, may be cut like a custard. If the child is six or seven months old, let two large biscuits be so prepared and beaten up with two eggs, sufficient sugar to sweeten it, and one pint of skimmed milk. Boil the whole for five minutes, and when cold use it as before directed. The quantity of egg may be reduced or omitted altogether at pleasure. Semolina requires to be boiled for some time. When sufficiently soft, then the milk, sugar, and egg may be added to it on the fire: let it boil five minutes longer, and when cold, use as the other preparations.

INFLAMMATION OF THE EYELIDS.

The following ointment has been found very beneficial in inflammations of the eyeball and edges of the eyelids:—Take of prepared calomel 1 scruple; spermaceti ointment, ½ oz; mix them well together in a glass mortar; apply a small quantity to each corner of the eye every night and morning, and also to the edges of the lids if they are affected. If this should not eventually remove the inflammation, elder-flower water may be applied three or four times a day, by means of an eye-cup. The bowels should be kept in a laxative state, by taking occasionally ¼ oz. of the Cheltenham or Epsom salts.

INFLUENZA.

This disorder, so common at certain seasons of the year, if not infectious, is at least prevalent at the same time throughout the whole district, and at others entirely removed. It is most frequent during the changeable weather of spring and autumn, and attacks persons of all ages. It is a disorder of a mixed character, or, as it has been called, the fever-cold, or catarrhal fever. Like a fever, it comes on with shivering, and is attended with a small, quick pulse, white tongue, and hot skin; and, like a cold, it is accompanied mostly by a severe headache, discharge from the nostrils, sneezing, and general soreness and debility. It usually runs its course in four or five days, and then gradually disappears, though a relapse is very likely to occur; and to aged persons, and those who have weak lungs, a predisposition to inflammation of the air-passages or pleura, it has frequently proved most obstinate, or even fatal. The remedies are in general simple: confinement to the house, warm foot-baths, barley-water, and keeping the bowels gently relieved, are usually sufficient. If the cough is troublesome, the syrup of squills, or the ipecacuanha cough remedies, are advisable.

INFUSION OF ROSES.

Take any common red-rose-leaves (cabbage roses are the best), and put them into a china teapot; pour over them boiling water in the proportion of a pint of water to ½ oz. of rose-leaves. When the infusion has stood ten minutes, pour it off and leave it to get cold: sweeten with sugar or honey. A wineglass taken occasionally will be found of service in almost all cases of female debility.

INK, EXCELLENT BLACK.

Ingredients: 14 lb. of bruised Aleppo galls, 3½ lb. of gum, 3½ lb. of chipped logwood, 3½ lb. of copperas, 30 galls. of soft water.—*Mode:* Boil the galls and logwood in the water for one hour, then add the gum, and last of all the copperas; or, pour the water boiling-hot on the galls and logwood, let them steep for 20 days; then add the gum, and afterwards the copperas. This is an excellent ink, as it always retains its blackness.

INK FOR WRITING ON LINEN.

Dissolve nitrate of silver (common caustic) in a glass mortar, and in double its weight of pure water. This forms the ink for marking linen, and it must be kept in a bottle well corked. Before using the ink, the part of the linen to be written upon should be saturated with a preparation made of 1 drachm of salts of tartar dissolved in 1½ oz. of water, and dried before the fire. The writing should be held to the fire, to bring it up quite black.

INK FOR WRITING ON STEEL.

Ingredients: Sulphate of copper, water, and sulphuric acid.—*Mode:* Dissolve sulphate of copper in water, so as to make a liquid like ink; add a little sulphuric acid, and use for writing a quill pen. With this ink copper letters may be formed on iron or steel.

INK, TO IMPROVE THE COLOUR OF.

To a pint of common black ink add 1 drachm of impure carbonate of potassa. In a few minutes it will become jet-black. Be careful that the ink does not run over during the effervescence caused by adding the potassa.

INK-SPOTS ON WOOLLEN MATERIAL, TO REMOVE.

Take the white of an egg, and mix with it a few drops of oil of vitriol; rub the ink-spots with this mixture, and wash the places well afterwards. Wipe the cloth in the direction of the nap.

INK-SPOTS, TO REMOVE FROM LINEN AND OTHER WHITE FABRICS.

Rub the spot well with the end of a clean mould candle, leaving some of the tallow in lumps upon it for 24 hours; then wash the article in boiling water, and the ink will disappear.

Another Recipe.—*Ingredients:* 1 oz. sal-ammoniac, 1 oz. salts of tartar, wine-bottle of cold soft water.—*Mode:* Well mix the above, wet the linen thoroughly with the mixture, and repeat the process till the spots disappear.

INK-STAINS ON TABLE-COVERS AND CARPETS, TO REMOVE.

Take up as much of the spilled ink as possible with a spoon and blotting-paper; pour cold water on the spot and dry it up with a flannel. If any stain remains, wash the place with a solution of oxalic acid or salt of sorrel; dry it immediately, and, to preserve the colour, rub on a little hartshorn.

INK-STAINS, TO REMOVE FROM MAHOGANY TABLES AND OTHER WOOD.

Dilute half a teaspoonful of oil of vitriol with a large spoonful of water, and carefully touch the ink-spot with a feather; rub it quickly off, and repeat the process till the spot disappears. Spirit of salt will answer the same purpose, and must be used with equal care, for fear of leaving a white mark.

INLAID BRASS-WORK, TO POLISH.

If the brass has been left rough and uneven, it must be gone over very carefully with a very fine file. Then make a rubber of felt, or a piece of cork covered with fine cloth; take fine tripoli-powder, and mix it to a paste with linseed-oil; dip the rubber into this paste, and polish the brass-work to the required effect. The wood-work will now require attention: if this is ebony, or dark rosewood, as is usually the case, clean off the tripoli, and polish the whole surface with elder-coal, very finely powdered and used dry. An oil polish may be given after this, if the wood requires it.

INSECT-DESTROYING POWDER (KEATING'S).

This powder destroys fleas, bugs, cockroaches, ants, &c. &c., and is quite harmless to animal life. We have tried it for fleas with dogs, and found it to answer admirably. The powder should

be rubbed well over the skin and hair; and, after one or two dressings, the animal will obtain complete relief.

INSURANCE.

Every lease of a house and premises, or agreement for a lease, should covenant not only who is to pay insurance, but how the tenement is to be rebuilt in the event of a fire; for if the house were burnt down, and no provision made for insurance, the tenant, supposing there was the ordinary covenant to repair in the lease, would not only have to rebuild, but to pay rent while it was being, or until it should be, rebuilt. More than this, supposing the landlord had taken the precaution of insuring, he is not compelled to lay out the money recovered in rebuilding the premises, unless the lease contains a provision to that effect. Sir John Leach lays it down, that "the tenant's situation could not be changed by a precaution on the part of the landlord, with which he had nothing to do." This decision Lord Campbell confirmed in a more recent case, in which the action was brought against a lessee who was not bound to repair, and neither he nor the landlord bound to insure. Admitting an equitable defence, the court affirmed Sir John Leach's decision, holding that the tenant was bound to pay the rent, and could not require the landlord to lay out the insurance money in rebuilding. This is opposed to the opinion of Lord St. Leonards, who admits, however, that the decision of the court must overrule his *dictum*. Such being the state of the law, it is very important that insurance should be provided for, and that the payment of rent should be made to depend upon rebuilding the house in the event of a fire. Care must be taken, however, that this is made a covenant of the lease, as well as a clause in the agreement, otherwise the tenant must rebuild the house.

The law declares that a tenant is not bound to repair damages by tempest, lightning, or other natural casualty, unless there is a special covenant to that effect in the lease; but if there is a general covenant to repair, the repair will fall upon the tenant, unless the exception or exceptions be made in the case. It is therefore important to have this settled in the insurance clause.

Lord St. Leonards asserts that "his policies against fire are not so framed as to render the company *legally* liable." Generally the property is inaccurately described with reference to the conditions under which you insure. They are framed by companies who, although they may intend to pay what they deem a just claim without taking advantage of any technical objection, yet desire to reserve a defence only against what they believe to be a fraud, although they may not be able to prove it. "But," says his lordship, "do not rely upon the moral feelings of the directors. Ascertain that your house falls strictly within the conditions. Even having the surveyor of the company to look over your house before the insurance will not save you, unless your policy is correct." This is true; but probably his lordship's legal jealousy overshoots the mark here. Assurance companies only require an honest statement of the facts, and that no concealment is practised with their surveyor; and the case of his own, which he quotes, in which a glass door led into a conservatory, rendering it, according to the view of the company, "hazardous," and consequently voiding the policy, when a fire did occur, the company paid, rather than try the question; but even after the fire they demurred, when called upon, to make the description correct and indorse on the policy the fact that the drawing-room opened through a glass door into conservatories. One of two inferences is obvious here; either his lordship has overcoloured the statement, or the company could not be the respectable one represented. The practice with all reputable offices is to survey the premises before insurance, and to describe them as they appear; but no concealment of stoves, or other dangerous accessories or inflammable goods, should be practised. This certainly binds the office so long as no

change takes place; but the addition of any stove, opening, or door through a party wall, the introduction of gunpowder, saltpetre, or other inflammable articles into the premises, without notice, very properly "voids the policy." The usual course is to give notice of all alterations, and have them indorsed on the policy, as additions to the description of the property. There is little fear, where this is honestly done, that any company would adopt the sharp practice hinted at in Lord St. Leonards' excellent Handy-book. At the foot of every policy there is rather a formidable set of conditions, which are very seldom read by the insurer. Our advice is to read every word, in order that precaution may be taken to have the policy framed to meet the peculiar circumstances alluded to in the conditions.

INVISIBLE INK.

Put litharge of lead into very strong vinegar, and let it stand twenty-four hours; strain it off, and let it remain till quite settled; then put the liquor in a bottle. Next dissolve orpiment in quicklime-water, by setting the water in the sun for two or three days, turning it five or six times a day. Keep the bottle containing this liquor well corked, as the vapour is highly pernicious if received into the mouth. Write what you wish with a pen dipped in the first liquor, and, to make it visible, expose it to the vapour of the second liquid. If you wish the writing to disappear again, draw a sponge or pencil dipped in aquafortis or spirit of nitre over the paper; and should you wish it to reappear, let the paper be quite dry, after which pass the solution of orpiment over it.

Another Recipe.—The most curious of all kinds of invisible inks is that from cobalt. It is a very remarkable phenomenon, that the figures traced out with this ink may be made to disappear and reappear at pleasure. To prepare this ink, take zaffre, and dissolve it in nitro-muriatic acid, till the acid extracts from it the metallic part of the cobalt, which communicates to the zaffre its blue colour; then dilute the solution, which is very acrid, with common water; if you write with the liquor on paper, the characters will be invisible; but when exposed to a sufficient degree of heat they will become green. When the paper has cooled they will disappear, but by warmth they may be made to appear again. Observe, if the paper be too much heated they will not disappear at all.

IRON CEMENT.

To 98 parts of iron-filings put 2 parts of sal-ammoniac, using as much soft water as will make the ingredients into a paste of the consistency required for use.

IRON, TO PREVENT FROM RUSTING.

Warm the iron till you cannot, with any comfort, bear your hand upon it; then rub it well with clean white wax. Apply it again to the fire until it has soaked in all the wax. After this, rub the iron with a piece of coarse cloth, and there is no danger of its rusting in future.

IRON-MOULD, TO REMOVE FROM LINEN.

Oxalic acid and hot water will remove iron-mould, so also will the common sorrel bruised in a mortar and rubbed on the spots. In both cases, the linen should be well washed after the remedy has been applied.

Another Recipe.—1. Rub the spot with a little powdered oxalic acid, or salts of lemon and warm water. Let it remain a few minutes, and well rinse in clear water.—2. Wash the spots with a strong solution of cream of tartar and water. Repeat, if necessary, and dry in the sun.

IRRITATION OF THE SKIN IN DOGS.

If this arises from fleas, destroy them at once by Keating's powder and washing in warm water, with soft soap;

but, if from any other cause, give the dog small doses of garlic—one or more corns, according to size—and dress his skin once or twice with an application of 1 oz. of sulphur well mixed in ¼ lb. of hog's-lard.

ISINGLASS.

The best isinglass is made from the air-bladders of the sturgeon, and is imported from Russia, where that fish largely abounds. It is a very expensive article, and, on this account, much deception is practised respecting it. A substance called gelatine, very inferior in point of value, is most frequently substituted for it. To determine the purity of isinglass, place a few threads of it in cold water, a few more in boiling water, and, again, a few in vinegar. In cold water, pure isinglass swells and becomes soft, white, and opaque; gelatine, on the contrary, is transparent and glass-like. In hot water, isinglass is dissolved with little or no residuum; gelatine leaves a considerable deposit. In vinegar, isinglass swells up into a jelly, and all trace of its structure is soon destroyed; while gelatine hardens, and retains its form.

ISINGLASS GLUE.

Ingredients: 1 oz. of isinglass, gin, or spirits of wine.—*Mode:* Dissolve the isinglass near the fire in the gin or spirits of wine in a small vial; when required for use to mend broken glass, &c., set the vial in warm water till the contents melt, and apply the glue to the edges of the broken pieces with a camel-hair brush.

ITCH.

This frightful complaint, the result of gross uncleanliness, may generally be removed by sulphur, which should be taken internally as well as applied as an ointment to the part. The ointment may be made as follows:—Take of flour of sulphur, 2 oz.; fresh hog's-lard, 4 oz.; oil of lavender, 60 drops; mix all well together, and with this rub the parts affected every night till the eruption ceases. The linen should

be changed often, and well washed and exposed to the air before it is used again.

ITCH LOTION.

This most disagreeable complaint may be most efficaciously treated with a solution of chloride of lime, or a weak solution of bichloride of mercury; both of which possess the advantage of being free from all unpleasant smell.

ITCH OINTMENTS.

Any of the following may be used with advantage (a portion of the ointment must be well rubbed on the parts affected night and morning):—1. Take ½ lb. of lard, ½ lb. of suet, 4 oz. of sugar of lead, 1 oz. of vermilion; mix them by rubbing well together, and scent with bergamot.—2. *Ingredients:* 1 oz. of powdered chloride of lime, 1 lb. of lard, 2 drachms of essence of lemon.—*Mode:* Mix the first two ingredients well together, and then stir in the essence.—3. *Ingredients:* ½ oz. of bichloride of mercury, ½ lb. of lard, ½ lb. of suet, ¾ oz. of hydrochloric acid, 2 drachms of essence of lemon, ½ drachm of bergamot. Melt the ingredients and mix them well, and when quite cold stir in the essences.—4. *Ingredients:* 1 part of white precipitate, 12 parts of lard. Mix by rubbing.

IVORY, TO SILVER.

Immerse a small slip of ivory in a weak solution of nitrate of silver, and let it remain till the solution has given it a deep yellow colour; then take it out and immerse it in a tumbler of clear water, and expose it in the water to the rays of the sun. In about three hours the ivory acquires a black colour, but the black surface, on being rubbed, soon becomes changed to a brilliant silver.

IVORY, TO SMOOTH AND POLISH FOR PAINTING.

Some painters use a large scratcher; others an instrument with a blade three or four inches long, and of a triangular shape. To either of these the use of

a razor is preferable. To benefit completely by it, be sure that it has not the smallest notch in it, and that it be not too sharp. Open it so that the back part of the blade touches the handle; in this way use it to scrape the ivory from angle to angle. When the whole is thus polished, begin again from the contrary angles, in order that no traces of the saw may remain upon the side required to be painted. Having provided some putty-powder, pulverized and pressed through a silk sieve, place the ivory in the middle of the bottom of a bandbox, holding it firm with one hand, while with the other take a small bit of paper, and rub the pounce on the side of the ivory which has been polished; being always careful to do it with a circular movement. If the ivory be now of a dead white, and has lost the shine given it by the razor, take it out of the box, holding it so that the fingers do not touch the surface, and brush off lightly with a painting-brush any grits that may have adhered to it; for this purpose, take one of the largest hair-pencils, which may be serviceable to remove in the same way any specks or dust while painting. Never suffer the fingers to touch the ivory; hold it always at the extremities, for the colour will not settle in a place touched by the hands. If, however, such an accident happens, have recourse to the pumice-powder, and with a paper stump, rather pointed, gently rub the place affected. But to avoid as much as possible a recurrence of such accidents, when at work, take a sheet of paper to rest the hand upon, and when there is occasion to use a body-colour, have a piece of wood or pasteboard made for the same purpose, in such a way that it does not touch the miniature; for in consequence of the gum which is in the colours, the heat of the hand might cause the paper to stick to the painting.

IVORY, TO SOFTEN.

Slice ½ lb. of mandrake, and put it into ½ pint of the best vinegar; place the ivory in this, and let it stand in a warm place for 48 hours; it may then be bent into any shape.

JAPAN BLACKING FOR BOOTS AND SHOES.

Ingredients: 8 parts of treacle, 1 part lamp-black, 1 part sweet oil, 1 part gum-arabic, 1 part isinglass, 32 parts water, 1 oz. of spirits of wine, and a little ox-gall.—*Mode:* Mix the treacle, lamp-black, sweet oil, gum, and insinglass in the water; set the pipkin over the fire to heat, stirring it well; add the spirits of wine and ox-gall, and as soon as possible bottle it. Warm the bottle before using the blacking, which must be put on with a sponge.

JAPAN FOR LEATHER.

1. Boiled linseed-oil, 1 gall.; burnt umber, 8 oz.; asphaltum, 3 oz.: boil, and add oil of turpentine to dilute to a proper consistence.—2. Boiled oil, 1 gall.; the black of Prussian blue, to colour. Prussian blue, when heated, turns of a black colour; thus, the black japanned cloth used for table-covers is prepared by painting the cloth with Prussian blue and boiled oil, and then drying it by the heat of a stove, when in the drying it takes its intense colour.

JAPAN FOR TINWARE.

1. Oil of turpentine, 8 oz.; copal, 2 oz.; camphor, 1 drachm.—2. Common copal varnish.—3. Tar varnish. Either of the first two may be coloured with lamp-black or vermilion. To the first some receipts advise 1 oz. of oil of lavender to be added; but this is preposterous, first, because of the expense, and, secondly, because no essential oil is useful in varnish.

JAPANESE CEMENT, USEFUL IN THE MAUFACTURE OF DELICATE ARTICLES IF PAPER.

Take rice-flour and mix it intimately with cold water; boil it to form a thin paste. This paste is beautifully white, and dries almost transparent. This rice-paste may be made with a much

less quantity of water, and in this way thick enough to be used for modelling ornaments, figures, busts, &c. &c.

JAPANNER'S COPAL VARNISH.

1. Copal, 4 lb. Melt in a glass mattrass, till any water attached to it is evaporated; pour in boiling linseed-oil, 1 pint; take the mattrass from the fire, and mix the varnish, while hot, with about its own weight of oil of turpentine.—2. Copal, 7 lb.; melt, and when melted, add ½ gall. of linseed-oil; boil for five minutes, then remove to the open air; add boiling oil of turpentine, 3 galls.: mix and strain. This dries in fifteen minutes.

JAPANNER'S GOLD SIZE.

Ingredients: 1 oz. of gum-animi, 1 oz. of asphaltum, 1½ oz. of red lead, 1½ oz. of litharge of gold, 1½ oz. of umber, 1 lb. of linseed-oil.—*Mode:* Reduce the coarser of these ingredients to a fine powder; mix, and put them with the linseed-oil into a pipkin; boil them gently, stirring them continually till well incorporated. Continue the boiling until the size, as it cools, becomes of the thickness of tar; then strain it through a flannel, and keep it in a wide-mouthed bottle for use. When used, it must be ground with as much vermilion as will give it an opaqueness, and diluted sufficiently with oil of turpentine to render it capable of being worked freely with a pencil. The bottle must be kept corked.

Another Recipe.—Ingredients: 1 lb. of linseed-oil, 4 oz. of gum-animi.—*Mode:* Boil the oil in a pipkin and gradually stir in the gum, which must be finely powdered. Great care must be taken not to add the gum too fast: it will only properly incorporate if worked in small quantities. Let the mixture boil till it assumes the consistence of tar in cooling; strain it while warm through a coarse cloth, and bottle for use. Before using, it must be mixed with vermilion and oil of turpentine, as above directed.

Another.—Ingredients: 1 lb. of gum-

ammoniac, 8 oz. of boiled oil, 12 oz. of spirits of turpentine.—*Mode:* Melt the gum; then add the oil, and lastly the spirits of turpentine.

Another.—Ingredients: Gum-ammoniac, 4 oz.; linseed-oil, 1 oz.—*Mode:* Dissolve by boiling, and thin by adding oil of turpentine.

JAPANNING FOR OLD TRAYS.

First clean the old trays thoroughly with soap-and-water and a little rottenstone; then dry them by wiping and exposure at the fire; next get some good copal varnish, mix it with some bronze-powder, and apply this with a brush to the denuded parts; after which, set the trays in an oven at heat 212° or 300°, until the varnish is dry. Two coats will make old trays equal to new.

BLACK FOR HARNESS AND BOOTS.

Three sticks of the best black sealing-wax dissolved in ¼ pint of spirits of wine: to be kept in a glass bottle, well shaken before using, and applied with a soft sponge.

JEWELLER'S ROUGE, FOR CLEANING PLATE, JEWELRY, &c.

Take green vitriol, dissolve it in water; then by degrees add carbonate of soda (used in washing): a powder will fall, which is one kind of rouge. It should be washed in water, and afterwards dried. Another kind is made by putting green vitriol in a crucible, and making it red hot, in which state it may be kept for a quarter of an hour. In the first case, a carbonate of iron will be left; in the last case, an oxide of iron. A small box made of a piece of sheet iron will answer the purpose of a crucible for making the green vitriol red hot. Great care is requisite in washing. The water should be floated off the powder, so that all grit may be removed, and this operation should be repeated until the powder is perfectly impalpable.

JOINTS, INJURIES TO.

All kinds of injuries to joints, of whatever description, require particular attention, in consequence of the violent inflammation which is so liable to take place in these parts of the body, and which does so much mischief in a little time. The joint injured should always be kept perfectly at rest; and when it is very painful, and the skin about it red, swollen, hot, and shining, at the same time that the patient has general feverish symptoms, such as great thirst and headache, leeches, and, when they drop off, warm poppy fomentations are to be applied; 2½ grains of calomel, 2½ grains of antimonial powder are to be given, with a black draught three hours after. Give also two tablespoonfuls of fever-mixture every four hours, and keep the patient on low diet. When the injury and swelling are not very great, warm applications with rest, low diet, and a dose of aperient medicine, will be sufficient. When a joint has received a penetrating wound, it will require the most powerful treatment, and can only be properly attended to by a surgeon. The patient's friends will have to use their own judgment to a great extent in these and in many other cases, as to when leeches, fever-mixture, &c., are necessary. A universal rule, however, without a single exception, is, *always to rest a joint well* after it has been injured in any way whatever, to purge the patient, and to keep him on low diet, without beer, unless he has been a very great drinker indeed, in which case he may still be allowed to take a little; for if the stimulant that a person has been accustomed to in excess be all taken away at once, he is very likely to have an attack of delirium tremens. The quantity given should not, however, be much —say a pint, or, at the most, a pint and a half, a day. Rubbing the joint with opodeldoc, or the application of a blister to it, is of great service in taking away the thickenings, which often remain after all heat, pain, and redness have left an injured joint. Great care should be observed in not using a joint too quickly after it has been injured. When the shoulder-joint is the one injured, the arm should be bound tightly to the body by means of a linen or flannel roller, and the elbow raised; when the elbow, it should be kept raised in the straight position, on a pillow; when the wrist, it should be raised on the chest, and suspended in a sling; when the knee, it should be kept in the straight position; and, lastly, when the ankle, it should be a little raised on a pillow.

KITCHEN, ARRANGEMENT AND ECONOMY OF THE.

"The distribution of a kitchen," says Count Rumford, the celebrated philosopher and physician, who wrote so learnedly on all subjects connected with domestic economy and architecture, "must always depend so much on local circumstances, that general rules can hardly be given respecting it; the principles, however, on which this distribution ought, in all cases, to be made, are simple and easy to be understood;" and, in his estimation, these resolve themselves into symmetry of proportion in the building and convenience to the cook. The requisites of a good kitchen, however, demand something more special than is here pointed out. It must be remembered that it is the great laboratory of every household, and that much of the "weal or woe," as far as regards bodily health, depends upon the nature of the preparations concocted within its walls. A good kitchen, therefore, should be erected with a view to the following particulars:—1. Convenience of distribution in its parts, with largeness of dimension. 2. Excellence of light, height of ceiling, and good ventilation. 3. Easiness of access, without passing through the house. 4. Sufficiently remote from the principal apartments of the house, that the members, visitors, or guests of the family, may not perceive the odour incident to cooking, or hear the noise of culinary operations. 5. Plenty of

Kitchen.

fuel and water, which, with the scullery, pantry, and store-room, should be so near it as to offer the smallest possible trouble in reaching them.

The kitchens of the Middle Ages, in England, are said to have been constructed after the fashion of those of the Romans. They were generally octagonal, with several fireplaces, but no chimneys; neither was there any wood admitted into the building. The accompanying cut (fig. 1) represents the turret which was erected on the top of the conical roof of the kitchen at Glastonbury Abbey, and which was perforated with holes to allow the smoke

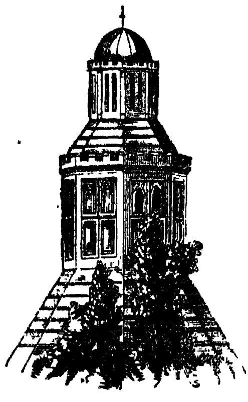


Fig. 1.

of the fire, as well as the steam from cooking, to escape. Some kitchens had funnels or vents below the eaves to let out the steam, which was sometimes considerable, as the Anglo-Saxons used their meat chiefly in a boiled state. From this circumstance, some of their large kitchens had four ranges, comprising a boiling-place for small boiled meats, and a boiling-house for the great boiler. In private houses the culinary arrangements were no doubt different; for Du Cange mentions a little kitchen with a chamber, even in a solarium, or upper floor.

The simplicity of the primitive ages has frequently been an object of poetical admiration, and it delights the imagination to picture men living upon such fruits as spring spontaneously from the earth, and desiring no other beverages to slake their thirst but such as fountains and rivers supply. Thus we are told, that the ancient inhabitants of Argos lived principally on pears; that the Arcadians revelled in acorns, and the Athenians in figs. This, of course, was in the golden age, before ploughing began, and when mankind enjoyed all kinds of plenty without having to earn their bread "by the sweat of their brow." This delightful period, however, could not last for ever, and the earth became barren, and continued unfruitful till Ceres came and taught the art of sowing, with several other useful inventions. The first whom she taught to till the ground was Triptolemus, who communicated his instructions to his countrymen the Athenians. Thence the art was carried into Achaia, and thence into Arcadia. Barley was the first grain that was used, and the invention of bread-making is ascribed to Pan.

The use of fire, as an instrument of cookery, must have been coeval with this invention of bread, which, being the most necessary of all kinds of food, was frequently used in a sense so comprehensive as to include both meat and drink. It was, by the Greeks, baked under the ashes.

In the primary ages it was deemed unlawful to eat flesh, and when mankind began to depart from their primitive habits, the flesh of swine was the first that was eaten. For several ages, it was pronounced unlawful to slaughter oxen, from an estimate of their great value in assisting men to cultivate the ground; nor was it usual to kill young animals, from a sentiment which considered it cruel to take away the life of those that had scarcely tasted the joys of existence.

At this period no cooks were kept, and we know from Homer that his ancient heroes prepared and dressed

their victuals with their own hands. Ulysses, for example, we are told, like a modern charwoman, excelled at lighting a fire, whilst Achilles was an adept at turning a spit. Subsequently, heralds, employed in civil and military affairs, filled the office of cooks, and managed marriage feasts; but this, no doubt, was after mankind had advanced in the art of living a step further than *roasting*, which, in all places, was the ancient manner of dressing meat.

The age of roasting we may consider as that in which the use of the metals would be introduced as adjuncts to the culinary art; and amongst these, iron, the most useful of them all, would necessarily take a prominent place. This metal is easily oxidized, but to bring it to a state of fusibility, it requires a most intense heat. Of all the metals, it is the widest diffused and most abundant; and few stones or mineral bodies are without an admixture of it. It possesses the valuable property of being welded by hammering; and hence its adaptation to the numerous purposes of civilized life.

Metallic grains of iron have been found in strawberries, and a twelfth of the weight of the wood of dried oak is said to consist of this metal. Blood owes its colour of redness to the quantity of iron it contains, and rain and snow are seldom perfectly free from it. In the arts it is employed in three states,—as *cast* iron, *wrought* iron, and *steel*. In each of these it largely enters into the domestic economy, and stoves, grates, and the general implements of cookery are usually composed of it. In antiquity, its employment was, comparatively speaking, equally universal. The excavations made at Pompeii have proved this. The accompanying cuts present us with specimens of stoves, both ancient and modern. Fig. 2 is the remains of a kitchen stove found in the house of Pansa, at Pompeii, and would seem, in its perfect state, not to have been materially different from such as are in use at the present day. Fig. 3 is called the Improved Leamington Kitchener, and is said to surpass any other range in use, for easy

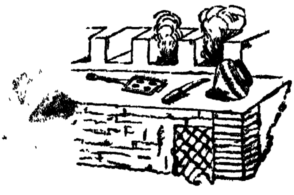


Fig. 2.

cooking by one fire. It has a hot plate, which is well calculated for an ironing-stove, and on which as many vessels as will stand upon it may be

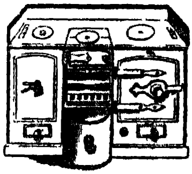


Fig. 3.

kept boiling, without being either soiled or injured. Besides, it has a perfectly ventilated and spacious wrought-iron roaster, with movable shelves, draw-out stand, double dripping-pan, and meat-stand. The roaster can be converted into an oven by closing the valves, when bread and pastry can be baked in it in a superior manner. It also has a large iron boiler with brass tap and steam-pipe, round and square gridirons for chops and steaks, ash-pan, open fire for roasting, and a set of ornamental covings with plate-warmer attached. It took a first-class prize and medal in the Great Exhibition of 1851, and was also exhibited, with all the recent improvements, at the Great Exhibition in 1862. Fig. 4 is another kitchener, adapted for large families. It has on the one side a large ventilated oven, and on the other the fire

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and roaster. The hot plate is over all, and there is a back boiler, made of wrought iron, with brass tap and steam-pipe. In other respects it resembles fig. 3, with which it possesses similar advantages of construction. Either may be had at varying prices, according to size, from £5. 15s. up to £20. 10s.

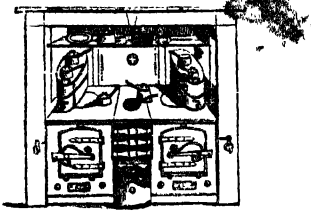


Fig. 4.

They are supplied by Messrs. Richard and John Slack, 336, Strand, London.

From kitchen ranges to the implements used in cookery is but a step. With these every kitchen should be well supplied, otherwise the cook must not be expected to "perform her office" in a satisfactory manner. Of the culinary utensils of the ancients, our knowledge is very limited; but as the art of living, in every civilized country, is pretty much the same, the instruments for cooking must, in a great degree, bear a striking resemblance to each other. On referring to classical antiquities, we find mentioned, among household utensils, leather bags, baskets constructed of twigs, reeds, and rushes; boxes, basins, and bellows; bread-moulds, brooms, and brushes; caldrons, colanders, cisterns, and chafing-dishes; cheese-rasps, knives, and ovens of the Dutch kind; funnels and frying-pans; handmills, soup-ladles, milk-pails, and oil-jars; presses, scales, and sieves; spits of different sizes, but some of them large enough to roast an ox; spoons, fire-tongs, trays, trenchers, and drinking-vessels; with others for carrying food, preserving milk, and holding cheese. This enumeration, if it does nothing else, will, to some extent, indicate the state of the simpler kinds of mechanical arts among the ancients.

In so far as regards the shape and construction of many of the kitchen utensils enumerated above, they bore a great resemblance to our own. This will be seen by the accompanying cuts. Fig. 5 is an ancient stock-pot in bronze, which seems to have been made to hang over the fire, and was found in the buried city of Pompeii. Fig. 6 is one of modern make, and may be obtained either of copper or wrought iron, tinned inside.



Fig. 5.

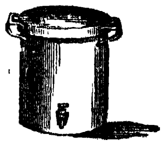


Fig. 6.

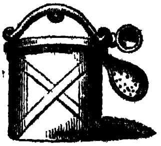


Fig. 7.

Fig. 7 is another of antiquity, with a large ladle and colander, with holes attached. It is taken from the column of Trajan. The modern ones can be obtained at all prices, according to size, from 13s. 6d. up to £1. 1s.

In the manufacture of these utensils, bronze metal seems to have been much in favour with the ancients. It was chosen not only for their domestic vessels, but it was also much used for their public sculptures and medals. It is a compound, composed of from 6 to 12 parts of tin to 100 of copper. It gives its name to figures and all pieces of sculpture made of it. Brass was another favourite metal, which is composed of copper and zinc. It is more fusible than copper, and not so apt to tarnish. In a pure state it is not malleable, unless when hot, and after it has been melted twice it will not bear the hammer. To render it capable of being wrought, it requires 7 lb. of

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lead to be put to 1 cwt. of its own material.

The Corinthian brass of antiquity was a mixture of silver, gold, and copper. A fine kind of brass, supposed to be made by the cementation of copper plates with calamine, is, in Germany, hammered out into leaves, and is called Dutch metal in this country. It is employed in the same way as gold-leaf. Brass is much used for watchworks, as well as for wire.

The braziers, ladles, stewpans, saucepans, gridirons, and colanders of antiquity might generally pass for those of the English manufacture of the present day, in so far as shape is concerned. In proof of this we have placed together the following similar articles of ancient and modern pattern, in order that the reader may, at a single view, see wherein any difference that is between them, consists.

Figs. 8 and 9 are flat sauce or *sauté* pans, the ancient one being fluted in

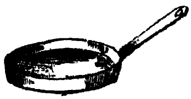


Fig. 8. *Modern.*



Fig. 9. *Ancient.*

the handle, and having at the end a ram's head. Fig. 10 is a colander, the handle being adorned, in the original,

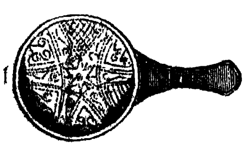


Fig. 10. *Ancient.*

with carved representations of a cornucopia, a satyr, a goat, pigs, and other animals. Any display of taste in the adornment of such utensils might seem to be useless; but when we remember how much more natural it is for us all to be careful of the beautiful and costly than of the plain and cheap, it may even become a question in the economy of a kitchen, whether it would not, in the long run, be cheaper to have articles which displayed some tasteful ingenuity in their manufacture, than such as are so perfectly plain as to have no attractions whatever beyond their mere suitableness to the purposes for which they are made. Figs. 11 and 12 are saucepans,

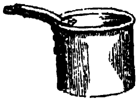


Fig. 11. *Modern.*



Fig. 12. *Ancient.*

the ancient one being of bronze, originally copied from the cabinet of M. l'Abbé Charlet, and engraved in the Antiquities of Montfaucon. Figs. 13 and 14 are gridirons, and 15 and 16 dripping-pans. In all these utensils

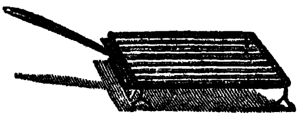


Fig. 13. *Modern.*

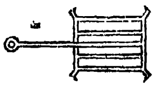


Fig. 14. *Ancient.*

the resemblance between such as were in use 2,000 years ago, and those in

use at the present day, is strikingly manifest.



Fig. 15. *Modern.*

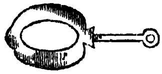


Fig. 16. *Ancient.*

Some of the ancient utensils represented in the above cuts, are copied from those found amid the ruins of Herculaneum and Pompeii. These Roman cities were, in the first century, buried beneath the lava of an eruption of Vesuvius, and continued to be lost to the world till the beginning of the last century, when a peasant, in digging for a well, gradually discovered a small temple with some statues. Little notice, however, was taken of this circumstance till 1736, when the King of Naples, desiring to erect a palace at Portici, caused extensive excavations to be made, when the city of Herculaneum was slowly unfolded to view. Pompeii was discovered about 1750, and being easier cleared from the lava in which it had so long been entombed, disclosed itself as it existed immediately before the catastrophe which overwhelmed it, nearly two thousand years ago. It presented, to the modern world, the perfect picture of the form and structure of an ancient Roman city. The interior of its habitations, shops, baths, theatres, and temples, were all disclosed, with many of the implements used by the workmen in their various trades, and the materials on which they were employed, when the doomed city was covered with the lavian stream.

Amongst the most essential requirements of the kitchen are scales or weighing-machines for family use. These are found to have existed among

the ancients, and must, at a very early age, have been both publicly and privately employed for the regulation of quantities. The modern English weights were adjusted by the 27th chapter of Magna Charta, or the great charter, forced by the barons from King John at Runnymede, in Surrey. Therein it is declared that the weights, all over England, shall be the same, although for different commodities there were two different kinds,—Troy and Avoirdupois. The origin of both is taken from a grain of wheat gathered in the middle of an ear. The standard of measures was originally kept at Winchester, and by a law of King Edgar was ordained to be observed throughout the kingdom.

Fig. 17 is an ancient pair of common

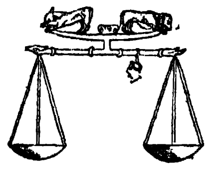


Fig. 17.

scales, with two basins and a movable weight, which is made in the form of a head, covered with the pileus, because Mercury had the weights and measures under his superintendence. It is engraved on a stone in the gallery of

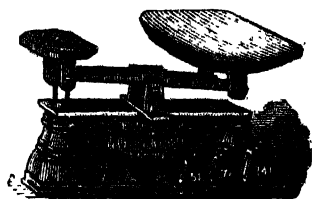


Fig. 18.

Florence. Fig. 18 represents a modern weighing-machine, of great convenience,

and generally in use in those establishments where a great deal of cooking is going on.

Accompanying the scales, or weighing-machines, there should be spice-boxes, and sugar and biscuit-canisters of either white or japanned tin. The covers of these should fit tightly, in order to exclude the air, and if necessary, be lettered in front, to distinguish them. The white metal of which they are usually composed, loses its colour when exposed to the air, but undergoes no further change. It enters largely into the composition of culinary utensils, many of them being entirely composed ot tinned sheet-iron; the inside of copper and iron vessels also, being usually what is called *tinned.* This art consists of covering any metal with a thin coating of tin; and it requires the metal to be covered, to be perfectly clean and free from rust, and also that the tin, itself, be purely metallic, and entirely cleaned from all ashes or refuse. Copper boilers, saucepans, and other kitchen utensils, are tinned after they are manufactured, by being first made hot and the tin rubbed on with resin. In this process, nothing ought to be used but pure grain-tin. Lead, however, is sometimes mixed with that metal, not only to make it lie more easily, but to adulterate it—a pernicious practice, which in every article connected with the cooking and preparation of food, cannot be too severely reprobated. The following list, supplied by Messrs. Richard and John Slack, 336, Strand, will show the articles required for the kitchen of a family in the middle class of life, although it does not contain all the things that may be deemed necessary for some families, and may contain more than are required for others. As Messrs. Slack themselves, however, publish a useful illustrated catalogue, which may be had at their establishment *gratis,* and which it will be found advantageous to consult by those about to furnish, it supersedes the necessity of our enlarging that which we give :—

	s.	*d.*
1 Tea-kettle	6	6
1 Toasting-fork	1	0
1 Bread-grater	1	0
1 Pair of Brass Candlesticks	3	6
1 Teapot and Tray	6	6
1 Bottle-jack	9	6
6 Spoons	1	6
2 Candlesticks	2	6
1 Candle-box	1	4
6 Knives and Forks	5	3
2 Sets of Skewers	1	0
1 Meat-chopper	1	9
1 Cinder-sifter	1	3
1 Coffee-pot	2	3
1 Colander	1	6
3 Block-tin Saucepans	5	9
5 Iron Saucepans	12	0
1 Ditto and Steamer	6	6
1 Large Boiling-pot	10	0
4 Iron Stewpans	8	9
1 Dripping-pan and Stand	6	6
1 Dustpan	1	0
1 Fish and Egg-slice	1	9
2 Fish-kettles	10	0
1 Flour-box	1	0
3 Flat-irons	3	6
2 Frying-pans	4	0
1 Gridiron	2	0
1 Mustard-pot	1	0
1 Salt-cellar	0	8
1 Pepper-box	0	6
1 Pair of Bellows	2	0
3 Jelly-moulds	8	0
1 Plate-basket	5	6
1 Cheese-toaster	1	10
1 Coal-shovel	2	6
1 Wood Meat-screen	30	0
The Set £8	11	1

KID GLOVES, TO WASH.

Have ready a little new milk in one saucer, and a piece of brown soap in another, and a clean cloth or towel, folded three or four times. On the cloth spread out the glove smooth and neat. Take a piece of flannel, dip it in the milk, then rub off a good quantity of soap to the wetted flannel, and commence to rub the glove downwards towards the fingers, holding it firmly with the left hand. Continue this pro-

cess until the glove, if white, looks of a dingy yellow, though clean ; if coloured, till it looks dark and spoiled. Lay it to dry, and the operator will soon be gratified to see that the old gloves look nearly new. They will be soft, glossy, smooth, and elastic.

KNICKERBOCKER (an American Drink.)

Ingredients: ¼ pint of made-up lemon-water ice, ¼ pint of Madeira wine, 1 pint of iced seltzer-water.—*Mode:* Mix these together in a china bowl, and drink from glasses. As Madeira is too precious to be wasted, ½ pint of sherry will be found a very good substitute in the present recipe.

KNITTED WOOLLEN SHAWL, TO WASH.

Considerable difficulty is often found in washing knitted woollen shawls. The following directions, if strictly attended to, will be found to answer :—The shawl should be washed in water a little more than lukewarm, in which a piece of white soap has been boiled and well mixed. Wash it in two waters, and, in rinsing, use also water a little above lukewarm, so as to keep the pores of the wool open, and discharge all the soap ; for, if this is not done, the shawl will become thick and hard. Then, when the shawl is well rinsed, take 1½ pint of warm water and put to it 2 tablespoonfuls of dissolved gum-arabic, which must be mixed well with the water. Into this gum mixture dip the shawl, squeezing it two or three times in it. Wring it well as it is taken out, and again wring it in a clean linen cloth. Pin it out quite square on a carpet, or a flat surface, with a clean sheet underneath it, and leave it in this manner till it is thoroughly dry.

KNIVES

Are now generally cleaned by means of Kent's or Masters's machine, which gives very little trouble, and is very effective ; before, however, putting the knives into the machine, it is highly necessary that they should be washed in a little warm (not hot) water, and then thoroughly wiped : if put into the machine with any grease on them, it adheres to the brushes, and consequently renders them unfit to use for the next knives that may be put in. When this precaution is not taken, the machine must come to pieces, thus causing an immense amount of trouble, which may all be avoided by having the knives thoroughly free from grease before using the machine. Brushes are used for cleaning forks, and facilitate the operation. When knives are cleaned, see that they are carefully polished, wiped, and with a good edge, the ferules and prongs free from dirt, and place them in the basket with the handles all one way. Care is requisite that the knives be placed quite straight in the machine. It is the want of this care which causes the very frequent complaint of broken blades.

KNIVES, MANAGEMENT OF.

All knives should be collected after every meal, and wiped free from grease before they are sent to be cleaned. Most persons recommend dipping the blades into hot water, in order to cleanse them from grease ; but the great objection to this is, that the heat is almost certain to unsettle the handles, even though they are scrupulously kept from the water. It is far safer, and quite as effectual, to wipe the blades with a very coarse cloth, which may be washed out occasionally in hot water. On no account attempt to clean a knife while greasy, as it will spoil the knife-board. If a patent knife-cleaning machine be not used, the best sort of knife-board is one covered with very thick leather, upon which emery-powder should be placed. The leather-covered board and this powder give a fine polish to the knives, and do not wear them out so fast as the use of the plain board and Bath brick. When the points of knives are worn very thin, they should be put into the grinder's hands to be rounded. If the handles are good, they will pay for new blades.

KNIVES NOT IN USE, TO KEEP.

Without great care, knives not in use will soon spoil. They are best kept in a box in which sifted quicklime has been placed, deep enough to admit of the blades being completely plunged into it. The lime must not touch the handles, which should be occasionally exposed to the air, to keep them from turning yellow.

KNOCK-KNEES.

A correspondent's advice and testimony are as follows :—"I commenced the practice of placing a small book between my knees, and tying a handkerchief tight round my ankles. This I did two or three times a day, increasing the substance at every fresh trial, until I could hold a brick with ease breadthways. When I first commenced this practice I was as badly knock-kneed as possible; but now I am as straight as any one. I likewise made it a practice of lying on my back in bed, with my legs crossed and my knees fixed tightly together. This, I believe, did me a great deal of good."

LACE, BLACK, TO CLEAN.

Pass the lace through a warm liquor of bullock's gall and water; afterwards rinse in cold water; then take a small piece of glue, pour boiling water on it, and again pass the lace through it; clap it with your hands, and then frame it to dry.

LACE, GOLD OR SILVER, TO CLEAN.

Materials: The crumb of a 2 lb. stale loaf, ¼ lb. powder blue.—*Mode:* Rub the crumb fine, mix the blue well with it. Lay this plentifully on the lace, and it will soon become bright; then take a piece of flannel and brush the crumbs well off. After this, rub the lace gently with a piece of crimson velvet, and it will look as well as new.

LACE, WHITE, TO WASH.

Take a large bottle, the larger the better, and cover it with a fold of linen —calico will not do. Then roll the lace round the linen-covered bottle, taking care that the edge is kept smooth, and that the head of the succeeding round covers some part of that which went before. If there are several lengths they may be tacked together, but in the slightest possible manner, so as to avoid any knots. When all the lace has been rolled round the bottle, cover it tight with a linen cloth. Rub this linen cloth well with white soap, using cold water; or if the lace be very dirty, make a strong lather, and when cold, let the bottle remain in it for a night. Take it out, and rinse it well by pouring clean water over it. It is a good plan to expose the bottle to the sunshine, watering it frequently. Let it dry thoroughly before you attempt to unfold the lace. In the summer, the bottle may be left out for a couple of days, as the night air is almost as good as the sunshine for improving the appearance of the lace. Do not, on any account, use hot water with the soap.

LACQUER FOR BRASS.

1. Seed-lac, dragon's blood, annatto, and gamboge, of each 4 oz.; saffron, 1 oz.; spirits of wine, 10 pints.—2. Turmeric, 1 lb.; annatto, 2 oz.; shellac and gum juniper, of each 12 oz.; spirits of wine, 12 oz..—3. Seed-lac, 3 oz.; amber and gamboge, of each 2 oz.; extract of red sanders, ½ drachm; dragon's blood, 1 drachm; saffron, ⅓ drachm; spirits of wine, 2 pints 4 oz.—4. Turmeric, 6 drachms; saffron, 15 grains; spirits of wine, 1 pint 4 oz.: draw the tincture, add gamboge, 6 drachms; gum sandarac and gum elemi, each 2 oz.; dragon's blood and seed-lac, of each 1 oz.—5. Put into a pint of alcohol, 1 oz. of turmeric powder, 2 drachms of annatto, and 2 drachms of saffron; agitate during seven days, and filter into a clean bottle. Now add 3 oz. of clean seed-lac, and agitate the bottle every day for fourteen days. All the lacquers are put on with a painter's soft brush.

LACQUER FOR TIN.

Put 3 oz. of seed-lac, 2 drachms of dragon's blood, and 1 oz. of turmeric powder into a pint of well-rectified spirits. Let the whole remain for fourteen days, but during that time agitate the bottle once a day at least. When properly combined, strain the liquid through muslin. It is brushed over tinware which is intended to imitate brass..

Another Recipe.—Any good lacquer laid upon tin gives it the appearance of copper or brass. Colour lac varnish with turmeric to impart the colour of brass to it, and with annatto to give it the colour of copper.

LADY'S-MAID.

The duties of a lady's-maid are more numerous, and perhaps more onerous, than those of the valet; for while the latter is aided by the tailor, the hatter, the linen-draper, and the perfumer, the lady's-maid has to originate many parts of the mistress's dress herself: she should, indeed, be a tolerably expert milliner and dressmaker, a good hair-dresser, and possess some chemical knowledge of the cosmetics with which the toilet-table is supplied, in order to use them with safety and effect. Her first duty in the morning, after having performed her own toilet, is to examine the clothes put off by her mistress the evening before, either to put them away, or to see that they are all in order to put on again. During the winter, and in wet weather, the dresses should be carefully examined and the mud removed. Dresses of tweed, and other woollen materials, may be laid out on a table and brushed all over; but in general, even in woollen fabrics, the lightness of the tissues renders brushing unsuitable to dresses, and it is better to remove the dust from the folds by beating them lightly with a handkerchief or thin cloth. Silk dresses should never be brushed, but rubbed with a piece of merino, or other soft material, of a similar colour, kept for the purpose. Summer dresses of barége, muslin, mohair, and other light materials, simply require shaking; but if the muslin be tumbled, it must be ironed afterwards. If the dresses require slight repair, it should be done at once: "a stitch in time saves nine."

The bonnet should be dusted with a light feather plume, in order to remove every particle of dust; but this has probably been done, as it ought to have been, the night before. Velvet bonnets, and other velvet articles of dress, should be cleaned with a soft brush. If the flowers with which the bonnet is decorated have been crushed or displaced, or the leaves tumbled, they should be raised and readjusted by means of flower-pliers. If feathers have suffered from damp, they should be held near the fire for a few minutes, and restored to their natural state by the hand or a soft brush.

The *Chausserie*, or foot-gear of a lady, is one of the few things left to mark her station, and requires special care. Satin boots or shoes should be dusted with a soft brush, or wiped with a cloth. Kid or varnished leather should have the mud wiped off with a sponge charged with milk, which preserves its softness and polish. The following is also an excellent polish for applying to ladies' boots, instead of blacking them: Mix equal proportions of sweet-oil, vinegar, and treacle, with 1 oz. of lamp-black. When all the ingredients are thoroughly incorporated, rub the mixture on the boots with the palm of the hand, and put them in a cool place to dry. Ladies' blacking, which may be purchased in 6d. and 1s. bottles, is also very much used for patent leather and kid boots, particularly when they are a little worn. This blacking is merely applied with a piece of sponge, and the boots should not be put on until the blacking is dry and hardened.

These various preliminary offices performed, the lady's-maid should prepare for dressing her mistress, arranging her dressing-room, toilet-table, and linen, according to her mistress's wishes and habits. The details of dressing we need not touch upon,—every lady has her own mode of doing so; but the maid

should move about quietly, perform any offices about her mistress's person, as lacing stays, gently, and adjust her linen smoothly.

Having prepared the dressing-room by lighting the fire, sweeping the hearth, and made everything ready for dressing her mistress, placed her linen before the fire to air, and laid out the various articles of dress she is to wear, which will probably have been arranged the previous evening, the lady's-maid is prepared for the morning's duties.

Hairdressing is the most important part of the lady's-maid's office. If ringlets are worn, remove the curl-papers, and, after thoroughly brushing the back hair both above and below, dress it according to the prevailing fashion. If bandeaux are worn, the hair is thoroughly brushed and frizzed outside and inside, folding the hair back round the head, brushing it perfectly smooth, giving it a glossy appearance by the use of pomades, or oil, applied by the palm of the hand, smoothing it down with a small brush dipped in bandoline. Double bandeaux are formed by bringing most of the hair forward, and rolling it over frizettes made of hair the same colour as that of the wearer: it is finished behind by plaiting the hair, and arranging it in such a manner as to look well with the head-dress.

Lessons in hairdressing may be obtained and at not an unreasonable charge. If a lady's-maid can afford it, we would advise her to initiate herself in the mysteries of hairdressing before entering on her duties. If a mistress finds her maid handy, and willing to learn, she will not mind the expense of a few lessons, which are almost necessary, as the fashion and mode of dressing the hair is so continually changing. Brushes and combs should be kept scrupulously clean, by washing them about once a week; to do this oftener spoils the brushes, as very frequent washing causes the hairs to become too soft.

Our further remarks on dressing must be confined to some general advice. In putting on a band, see that it is laid quite flat, and is drawn tightly round the waist before it is pinned in front; that the pin is a strong one, and that it is secured to the stays, so as not to slip up or down, or crease in the folds. Arrange the folds of the dress over the crinoline petticoats; if the dress fastens behind, put a small pin in the slit to prevent it from opening. See that the sleeves fall well over the arms. If it is finished with a jacket, or other upper dress, see that it fits smoothly under the arms; pull out the flounces, and spread out the petticoat at the bottom with the hands, so that it falls in graceful folds. In arranging the petticoat itself, a careful lady's-maid will see that this is firmly fastened round the waist.

Where sashes are worn, pin the bows securely on the inside with a pin, so as not to be visible; then raise the bow with the fingers. The collar is arranged and carefully adjusted with brooch or bow in the centre.

Having dressed her mistress for breakfast and breakfasted herself, the further duties of the lady's-maid will depend altogether upon the habits of the family, in which hardly two will probably agree. Where the duties are entirely confined to attendance on her mistress, it is probable that the bedroom and dressing-room will be committed to her care,—these the housemaid will rarely enter, except for the weekly or other periodical cleaning; she will, therefore, have to make her mistress's bed, and keep it in order; and as her duties are light and easy, there can be no allowance made for the slightest approach to uncleanliness or want of order. Every morning, immediately after her mistress has left it, and while breakfast is on, she should throw the bed open, by taking off the clothes; open the windows (except in rainy weather), and leave the room to air for half an hour. After breakfast, except her attendance on her mistress prevents it, if the rooms are carpeted, she should sweep them carefully, having previously strewed the room with moist tea-leaves, dusting

every table and chair, taking care to penetrate into every corner, and moving every article of furniture that is portable. This done satisfactorily, and having cleaned the dressing-glass, polished up the furniture and the ornaments, and made the glass jug and basin clean and bright, emptied all slops, emptied the water-jugs and filled them with fresh water, and arranged the rooms, the dressing-room is ready for the mistress when she thinks proper to appear.

The dressing-room thoroughly in order, the same thing is to be done in the bedroom, in which she will probably be assisted by the housemaid to make the bed and empty the slops. In making the bed, she will study her lady's wishes, whether it is to be hard or soft, sloping or straight, and see that it is done accordingly.

Having swept the bedroom with equal care, dusted the tables and chairs, chimney-ornaments, and put away all articles of dress left from yesterday, and cleaned and put away any articles of jewellery, her next care is to see, before her mistress goes out, what requires replacing in her department, and furnish her with a list of them, that she may use her discretion about ordering them. All this done, she may settle herself down to any work on which she is engaged. This will consist chiefly in mending; which is first to be seen to; everything, except stockings, being mended before washing. Plain work will probably be one of the lady's-maid's chief employments.

A waiting-maid, who wishes to make herself useful, will study the fashion books with attention, so as to be able to aid her mistress's judgment in dressing, according to the prevailing fashion, with such modifications as her style of countenance requires. She will also, if she has her mistress's interest at heart, employ her spare time in repairing and making up dresses which have served one purpose to serve another also; or turning many things, unfitted for her mistress to use, for the younger branches of the family. The lady's-maid may

thus render herself invaluable to her mistress, and increase her own happiness in so doing. The exigencies of fashion and luxury are such, that all ladies, except those of the very highest rank, will consider themseves fortunate in having about them a thoughtful person, capable of diverting their finery to a useful purpose.

Among other duties, the lady's-maid should understand the various processes for washing, and cleaning, and repairing laces; edging of collars; removing stains and grease-spots from dresses, and similar processes, for which the following recipes will be found very useful. In washing—

Blonde, fine toilet-soap is used; the blonde is soaped over very slightly, and washed in water in which a little fig-blue is dissolved, rubbing it very gently; when clean, dry it. Dip it afterwards in very thin gum-water, dry it again in linen, spread it out as flat as it will lie, and iron it. Where the blonde is of better quality, and wider, it may be stretched on a hoop to dry after washing in the blue-water, applying the gum with a sponge; or it may be washed finally in water in which a lump of sugar has been dissolved, which gives it more the appearance of new blonde.

Lace collars soil very quickly when in contact with the neck; they are cleaned by beating the edge of the collar between the folds of a fine linen cloth, then washing the edges as directed above, and spreading it out on an ironing-board, pinning it at each corner with fine pins; then going carefully over it with a sponge charged with water in which some gum-dragon and fig-blue have been dissolved, to give it a proper consistence. To give the collar the same tint throughout, the whole of it should be sponged with the same water, taking care not to touch the flowers.

A multiplicity of accidents occur to soil and spot dresses, which should be removed at once. To remove—

Grease-spots from cotton or woollen materials of fast colours, absorbent pastes, purified bullock's-blood, and

even common soap, are used, applied to the spot when dry. When the colours are not fast, use fullers' earth, or pulverized potter's clay, laid in a layer over the spot, and press it with a very hot iron.

For silks, moires, and plain or brocaded satins, begin by pouring over the spot two drops of rectified spirits of wine; cover it over with a linen cloth, and press it with a hot iron, changing the linen instantly. The spot will look tarnished, for a portion of the grease still remains: this will be removed entirely by a little sulphuric ether dropped on the spot, and a very little rubbing. If neatly done, no perceptible mark or circle will remain; nor will the lustre of the richest silk be changed, the union of the two liquids operating with no injurious effect from rubbing.

Fruit-spots are removed from white and fast-coloured cottons by the use of chloride of soda. Commence by cold-soaping the article, then touch the spot with a hair-pencil or feather dipped in the chloride, dipping it immediately into cold water, to prevent the texture of the article being injured.

Ink-spots are removed, when fresh, by a few drops of hot water being poured on immediately afterwards. By the same process iron-mould in linen or calico may be removed, dipping immediately in cold water to prevent injury to the fabric.

Wax dropped on a shawl, table-cover, or cloth dress, is easily discharged by applying spirits of wine.

Syrups or preserved fruits, by washing in lukewarm water with a dry cloth, and pressing the spot between two folds of clean linen.

Essence of lemon will remove grease, but will make a spot itself in a few days.

Linen.—Before sending linen to wash, the lady's-maid should see that everything under her charge is properly mended; for her own sake she should take care that it is sent out in an orderly manner, each class of garments by themselves, with a proper list, of which she retains a copy. On its return, it is still more necessary to examine every piece separately, so that all missing buttons be supplied, and only the articles properly washed and in perfect repair passed into the wardrobe.

Ladies who keep a waiting-maid for their own persons, are in the habit of paying visits to their friends, in which it is not unusual for the maid to accompany them; at all events, it is her duty to pack the trunks; and this requires not only knowledge but some practice, although the improved trunks and portmanteaus now made, in which there is a place for nearly everything, render this more simple than formerly. Before packing, let the trunks be thoroughly well cleaned, and, if necessary, lined with paper, and everything intended for packing laid out on the bed or chairs, so that it may be seen what is to be stowed away; the nicer articles of dress neatly folded in clean calico wrappers. Having satisfied herself that everything wanted is laid out, and that it is in perfect order, the packing is commenced by disposing of the most bulky articles, the dressing-case and work-box, skirts, and other articles requiring room, leaving the smaller articles to fill up; finally, having satisfied herself that all is included, she should lock and cover up the trunk in its canvas case, and then pack her own box, if she is to accompany her mistress.

On reaching the house, the lady's-maid will be shown her lady's apartment; and her duties here are what they were at home; she will arrange her mistress's things, and learn which is her bell, in order to go to her when she rings. Her meals will be taken in the housekeeper's room; and here she must be discreet and guarded in her talk to any one, of her mistress or her concerns. Her only occupation here will be attending to her lady's room, keeping her things in order, and making her room comfortable for her.

The evening duties of a lady's-maid are pretty nearly a repetition of those of the morning. She is in attendance when her mistress retires; she assists

her to undress if required, brushes her hair, and renders such other assistance as is demanded; removes all slops, takes care that the fire (if any) is safe, before she retires to rest herself.

Ironing is a part of the duties of a lady's-maid, and she should be able to do it in the most perfect manner when it becomes necessary. Ironing is often badly done from inattention to a few very simple requirements. Cleanliness is the first essential: the ironing-board, the fire, the iron, and the ironing-blanket should all be perfectly clean. It will not be necessary here to enter into details on ironing, as full directions are given in the "Duties of the Laundry-maid." A lady's-maid will have a great deal of "ironing-out" to do; such as light evening dresses, muslin dresses, &c., which are not dirty enough to be washed, but merely require smoothing out to remove the creases. In summer, particularly, an iron will be constantly required, as also a skirt-board, which should be covered with a nice clean piece of flannel. To keep muslin dresses in order, they almost require smoothing out every time they are worn, particularly if made with many flounces. The lady's-maid may often have to perform little services for her mistress which require care; such as restoring the colour to scorched linen, &c. The following recipe is, we believe, a very good one:—

To restore Whiteness to scorched Linen.—Ingredients: ½ pint of vinegar, 2 oz. fullers' earth, 1 oz. of dried fowl-dung, ½ oz. of soap, the juice of 2 large onions.—*Mode:* Boil all these ingredients together to the consistency of paste; spread the composition thickly over the damaged part, and if the threads be not actually consumed, after it has been allowed to dry on, and the place has subsequently been washed once or twice, every trace of scorching will disappear.

Furs, Feathers, and Woollens require the constant care of the waiting-maid. Furs and feathers not in constant use should be wrapped up in linen washed in lye. From May to September they are subject to being made the depositary of the moth-eggs. They should be looked too, and shaken and beaten, from time to time, in case some of the eggs should have been lodged in them, in spite of every precaution; laying them up again, or rather folding them up as before, wrapping them in brown paper, which is itself a preservative. Shawls and cloaks, which would be damaged by such close folds, must be looked to, and aired and beaten, putting them away dry before the evening.

Preservatives against the Ravages of Moths. — Place pieces of camphor, cedar-wood, Russia leather, tobacco-leaves, bog-myrtle, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never take harm.

Jewels are generally wrapped up in cotton, and kept in their cases; but they are subject to tarnish from exposure to the air, and require cleaning. This is done by preparing clean soap-suds, using fine toilet-soap, and dipping any article of gold, silver, gilt, or precious stones into this lye, and drying them by brushing with a brush of soft badger-hair, or a fine sponge; afterwards with a piece of fine cloth; and, lastly, with a soft leather.

Epaulettes of gold or silver, and, in general, all articles of jewellery, may be dressed by dipping them in spirits of wine warmed in a *bain-marie*, or shallow kettle, placed over a slow fire or hot-plate.

The valet and lady's-maid, from their supposed influence with their master and mistress, are exposed to some temptations to which other servants are less subjected. They are probably in communication with the tradespeople who supply articles for the toilet; such as hatters, tailors, dressmakers, and perfumers. The conduct of waiting-maid and valet to these people should be civil but independent, making reasonable allowance for want of exact punctuality, if any such can be made; they should represent any inconvenience respectfully, and if an excuse seems

unreasonable, put the matter fairly to master and mistress, leaving it to them to notice it further, if they think it necessary. No expectations of a personal character should influence them one way or the other. It would be acting unreasonably to any domestics to make them refuse such presents as tradespeople choose to give them; the utmost that can be expected is that they should not influence their judgment in the articles supplied—that they should represent them truly to master or mistress, without fear and without favour. Civility to all, servility to none, is a good maxim for every one. Deference to a master and mistress, and to their friends and visitors, is one of the implied terms of their engagement; and this deference must apply even to what may be considered their whims. A servant is not to be seated, or wear a hat in the house, in his master's or mistress's presence; nor offer any opinion, unless asked for it; nor even to say "good night," or "good morning," except in reply to that salutation.

LAMP CHIMNEYS.

These, if properly cleaned daily, ought never to be allowed to get foul. When very dirty and discoloured, dissolve a piece of soda, about the size of a walnut, in a pint of warm water, add to it a teaspoonful of oil of vitriol; place this mixture in a shallow dish, and leave the lamp chimney to soak in it for an hour, turning it occasionally. Wipe it dry with a piece of soft rag and a glass-cloth, and it will come out as clear as ever.

LAMP-TRIMMING

Requires a thorough acquaintance with the mechanism; after that, constant attention to cleanliness, and an occasional entire clearing out with hot water; when this is done, all the parts should be carefully dried before filling again with oil. When lacquered, wipe the lacquered parts with a soft brush and cloth, and wash occasionally with weak soapsuds, wiping carefully afterwards. Brass lamps may be cleaned with oil and rottenstone daily when trimmed. With bronze, and all other ornamental lamps, more care will be required, and soft flannel and oil only used, to prevent the removal of the bronze or enamel. Brass-work, or any metal-work not lacquered, is cleaned by a little oil and rottenstone made into a paste, or with fine emery-powder and oil mixed in the same manner. A small portion of sal-ammoniac, beaten into a fine powder and moistened with soft water, rubbed over brass ornaments, and heated over a charcoal fire, and rubbed dry with bran or whiting, will give to brass-work the brilliancy of gold. In trimming moderator lamps, let the wick be cut evenly all round; as, if left higher in one place than it is in another, it will cause it to smoke and burn badly. The lamp should then be filled with oil from a feeder, and afterwards well wiped with a cloth or rag kept for the purpose. If it can be avoided, never wash the chimneys of a lamp, as it causes them to crack when they become hot. Small sticks, covered with wash-leather pads, are the best things to use for cleaning the glasses inside, and a clean duster for polishing the outside. The globe of a moderator lamp should be occasionally washed in warm soap-and-water, then well rinsed in cold water, and either wiped dry or left to drain. Where candle-lamps are used, take out the springs occasionally, and free them well from the grease that adheres to them.

LAUGHING-GAS.

This is made from fused nitrate of ammonia, introduced into a glass retort, or a flask furnished with a bent tube, and then exposed over a spirit-lamp, or charcoal chauffer, to a temperature of about 389° Fahr. The evolved gas may be collected in bladders or gas-bags. Its most remarkable property is its action on the system when inspired. A few deep inspirations are usually succeeded by a pleasing state of excitement and a strong

propensity to laughter, which soon subsides, without being followed by languor or oppression. Its effects, however, vary with different constitutions. In a word, its use is most dangerous for persons who have anything the matter with the brain, lungs, or heart.

LAUNDRY-MAID, DUTIES OF THE.

The laundry-maid is charged with the duty of washing and getting-up the family linen,—a situation of great importance where the washing is all done at home; but in large towns, where there is little convenience for bleaching and drying, it is chiefly done by professional laundresses and companies, who apply mechanical and chemical processes to the purpose. These processes, however, are supposed to injure the fabric of the linen; and in many families the fine linen, cottons, and muslins, are washed and got-up at home, even where the bulk of the washing is given out. In country and suburban houses, where greater conveniences exist, washing at home is more common,—in country places universal.

The laundry establishment consists of a washing-house, an ironing and drying-room, and sometimes a drying-closet heated by furnaces. The washing-house will probably be attached to the kitchen; but it is better that it should be completely detached from it, and of one story, with a funnel or shaft to carry off the steam. It will be of a size proportioned to the extent of the washing to be done. A range of tubs, either round or oblong, opposite to, and sloping towards, the light, narrower at the bottom than the top, for convenience in stooping over, and fixed at a height suited to the convenience of the women using them; each tub having a tap for hot and cold water, and another in the bottom, communicating with the drains, for drawing off foul water. A boiler and furnace, proportioned in size to the wants of the family, should also be fixed. The flooring should be York stone, laid on brick piers, with good drainage, or asphalte, sloping gently towards a gutter connected with the drain.

Adjoining the bleaching-house, a second room, about the same size, is required for ironing, drying, and mangling. The contents of this room should comprise an ironing-board, opposite to the light; a strong white deal table, about 12 or 14 feet long and 3½ feet broad, with drawers for ironing-blankets; a mangle in one corner, and clothes-horses for drying and airing; cupboards for holding the various irons, starch, and other articles used in ironing; a hot-plate built in the chimney, with furnace beneath it for heating the irons; sometimes arranged with a flue for carrying the hot air round the room for drying. Where this is the case, however, there should be a funnel in the ceiling for ventilation and carrying off steam; but a better arrangement is to have a hot-air closet adjoining, heated by hot-air pipes, and lined with iron, with proper arrangements for carrying off steam, and clothes-horses on castors running in grooves, to run into it for drying purposes. This leaves the laundry free from unwholesome vapour.

The laundry-maid should commence her labours on Monday morning by a careful examination of the articles committed to her care, and enter them in the washing-book; separating the white linen and collars, sheets and body-linen, into one heap, fine muslins into another, coloured cotton and linen fabrics into a third, woollens into a fourth, and the coarser kitchen and other greasy cloths into a fifth. Every article should be examined for ink- or grease-spots, or for fruit- or wine-stains. Ink-spots are removed by dipping the part into hot water, and then spreading it smoothly on the hand or on the back of a spoon, pouring a few drops of oxalic acid or salts of sorrel over the ink-spot, rubbing and rinsing it in cold water till removed; grease-spots, by rubbing over with yellow soap and rinsing in hot water; fruit- and wine-spots, by dipping in a solution of sal-ammoniac or spirits of wine, and rinsing.

Every article having been examined and assorted, the sheets and fine linen should be placed in one of the tubs and just covered with lukewarm water in which a little soda has been dissolved and mixed, and left there to soak till the morning. The greasy cloths and dirtier things should be laid to soak in another tub, in a liquor composed of ½ lb. of unslaked lime to every 6 quarts of water which has been boiled for two hours, then left to settle, and strained off when clear. Each article should be rinsed in this liquor to wet it thoroughly, and left to soak till the morning, just covered by it when the things are pressed together. Coppers and boilers should now be filled, and the fires laid ready to light.

Early on the following morning the fires should be lighted, and as soon as hot water can be procured, washing commenced; the sheets and body-linen being wanted to whiten in the morning, should be taken first; each article being removed in succession from the lye in which it has been soaking, rinsed, rubbed, and wrung, and laid aside until the tub is empty, when the foul water is drawn off. The tub should be again filled with lukewarm water, about 80°, in which the articles should again be plunged, and each gone over carefully with soap, and rubbed. Novices in the art sometimes rub the linen against the skin; more experienced washerwomen rub one linen surface against the other, which saves their hands, and enables them to continue their labour much longer, besides economizing time, two parts being thus cleaned at once.

After this first washing, the linen should be put into a second water as hot as the hand can bear, and again rubbed over in every part, examining every part for spots not yet moved, which require to be again soaped over and rubbed till thoroughly clean; then rinsed and wrung, the larger and stronger articles by two of the women; the smaller and more delicate articles requiring gentler treatment.

In order to remove every particle of soap, and produce a good colour, they should now be placed, and boiled for about an hour and a half in the copper, in which soda, in the proportion of a teaspoonful to every two gallons of water, has been dissolved. Some very careful laundresses put the linen into a canvas bag to protect it from the scum and the sides of the copper. When taken out, it should again be rinsed, first in clean hot water, and then in abundance of cold water slightly tinged with fig-blue, and again wrung dry. It should now be removed from the washing-house and hung up to dry or spread out to bleach, if there are conveniences for it; and the earlier in the day this is done, the clearer and whiter will be the linen.

Coloured muslins, cottons, and linens require a milder treatment; any application of soda will discharge the colour, and soaking all night, even in pure water, deteriorates the more delicate tints. When ready for washing, if not too dirty, they should be put into cold water and washed very speedily using the common yellow soap, which should be rinsed off immediately. One article should be washed at a time, and rinsed out immediately before any others are wetted. When washed thoroughly, they should be rinsed in succession in soft water in which common salt has been dissolved, in the proportion of a handful to three or four gallons, and afterwards wrung gently, as soon as rinsed, with as little twisting as possible, and then hung out to dry. Delicate coloured articles should not be exposed to the sun, but dried in the shade, using clean lines and wooden pegs.

Woollen articles are liable to shrink, unless the flannel has been well shrunk before making up. This liability is increased where very hot water is used; cold water would thus be the best to wash woollens in; but, as this would not remove the dirt, lukewarm water, about 85°, and yellow soap, are recommended. When thoroughly washed in this, they require a good deal of rinsing in cold water to remove the soap.

Greasy cloths, which have soaked all night in the liquid described, should be now washed out with soap-and-water as hot as the hands can bear, first in one water and rinsed out in a second; and afterwards boiled for two hours in water in which a little soda is dissolved. When taken out, they should be rinsed in cold water, and laid out or hung up to dry.

Silk handkerchiefs require to be washed alone. When they contain snuff, they should be soaked by themselves in lukewarm water two or three hours; they should be rinsed out and put to soak with the others in cold water for an hour or two; then washed in lukewarm water, being soaped as they are washed. If this does not remove all stains, they should be washed a second time in similar water, and, when finished, rinsed in soft water in which a handful of common salt has been dissolved. In washing stuff or woollen dresses, the band at the waist and the lining at the bottom should be removed, and wherever it is gathered into folds; and, in furniture, the hems and gatherings. A black silk dress, if very dirty, must be washed; but, if only soiled, soaking for four-and-twenty hours will do; if old and rusty, a pint of common spirits should be mixed with each gallon of water, which is an improvement under any circumstances. Whether soaked or washed, it should be hung up to drain, and dried without wringing.

Satin and silk ribbons, both white and coloured, may be cleaned in the same manner.

Silks, when washed, should be dried in the shade, on a linen-horse, taking care that they are kept smooth and unwrinkled. If black or blue, they will be improved if laid again on the table, when dry, and sponged with gin, or whisky, or other white spirit.

The operations should be concluded by rinsing the tubs, cleaning the coppers, scrubbing the floors of the washing-house, and restoring everything to order and cleanliness.

Thursday and Friday, in a laundry in full employ, are usually devoted to mangling, starching, and ironing.

Linen, cotton, and other fabrics, after being washed and dried, are made smooth and glossy by mangling and by ironing. The mangling process, which is simply passing them between rollers subjected to a very considerable pressure, produced by weight, is confined to sheets, towels, table-linen, and similar articles, which are without folds or plaits. Ironing is necessary to smooth body-linen, and made-up articles of delicate texture or gathered into folds. The mangle is too well known to need description.

Ironing.—The irons consist of the common flat-iron, which is of different sizes, varying from 4 to 10 inches in length, triangular in form, and from 2½ to 4½ inches in width at the broad end; the oval iron, which is used for more delicate articles; and the box-iron, which is hollow, and heated by a red-hot iron inserted into the box. The Italian iron is a hollow tube, smooth on the outside, and raised on a slender pedestal with a footstalk. Into the hollow cylinder a red-hot iron is pushed, which heats it; and the smooth outside of the latter is used, on which articles such as frills, and plaited articles, are drawn. Crimping- and gauffering-machines are used for a kind of plaiting where much regularity is required, the articles being passed through two iron rollers fluted so as to represent the kind of plait or fold required.

Starching is a process by which stiffness is communicated to certain parts of linen, as the collar and front of shirts, by dipping them in a paste made of starch boiled in water, mixed with a little gum-arabic, where extra stiffness is required.

To make Starch.—Ingredients: Allow ½ pint of cold water and 1 quart of boiling water to every 2 tablespoonfuls of starch.—*Mode:* Put the starch into a tolerably large basin; pour over it the cold water, and stir the mixture well with a wooden spoon until it is perfectly free from lumps, and quite

smooth. Then take the basin to the fire, and whilst the water is *actually boiling* in the kettle or boiler, pour it over the starch, stirring it the whole time. If made properly in this manner, the starch will require no further boiling; but should the water not be boiling when added to the starch, it will not thicken, and must be put into a clean saucepan, and stirred over the fire until it boils. Take it off the fire, strain it into a clean basin, cover it up to prevent a skin forming on the top, and, when sufficiently cool that the hand may be borne in it, starch the things. Many persons, to give a shiny and smooth appearance to the linen when ironed, stir round two or three times in the starch a piece of wax candle, which also prevents the iron from sticking.

When the "things to be starched" are washed, dried, and taken off the lines, they should be dipped into the hot starch made as directed, squeezed out of it, and then just dipped into cold water, and immediately squeezed dry. If fine things be wrung, or roughly used, they are very liable to tear; so too much care cannot be exercised in this respect. If the article is lace, clap it between the hands a few times, which will assist to clear it; then have ready laid out on the table a large clean towel or cloth; shake out the starched things, lay them on the cloth, and roll it up tightly, and let it remain for three or four minutes, when the things will be ready to iron.

To be able to iron properly requires much practice and experience. Strict cleanliness with all the ironing utensils must be observed, as, if this is not the case, the most expert ironer will not be able to make her things look clear and free from smears, &c. After wiping down her ironing-table, the laundry-maid should place a coarse cloth on it, and over that the ironing-blanket, with her stand and iron-rubber; and having ascertained that her irons are quite clean and of the right heat, she proceeds with her work.

It is a good plan to try the heat of the iron on a coarse cloth or apron before ironing anything fine: there is then no danger of scorching. For ironing fine things, such as collars, cuffs, muslins, and laces, there is nothing so clean and nice to use as the box-iron; the bottom being bright, and never placed near the fire, it is always perfectly clean; it should, however, be kept in a dry place, for fear of its rusting. Gauffering-tongs or irons must be placed in a clear fire for a minute, then withdrawn, wiped with a coarse rubber, and the heat of them tried on a piece of paper, as, unless great care is taken, these will very soon scorch.

The skirts of muslin dresses should be ironed on a skirt-board covered with flannel, and the fronts of shirts on a smaller board, also covered with flannel; this board being placed between the back and front.

After things are mangled, they should also be ironed in the folds and gathers; dinner-napkins smoothed over, as also table-cloths, pillow-cases, and sometimes sheets. The bands of flannel petticoats, and shoulder-straps to flannel waistcoats, must also undergo the same process.

LAVENDER-WATER.

Pick the lavender-flowers from the stalks, and to every pound put a quart of water in a cold still over a slow fire. Distil very slowly; and when finished, clean out the still, put the lavender-water back again, and distil it over again as slowly as before. This is double-distilled lavender-water, and should be bottled and well corked till required for use.

Another.—Best English lavender, 4 drachms; oil of cloves, ½ drachm; musk, 5 grains; best spirits of wine, 6 oz.; water, 1 oz. Mix the oil of lavender with a little spirit first, then add the other ingredients, and let it stand, being kept well corked for at least two months before it is used, shaking it frequently.

A cheap and good lavender-water may be made by putting 3 drachms of the essential oil of lavender and 1

drachm of oil of ambergris into 1 pint of spirits of wine, and mixing them by shaking the bottle, which must be kept well corked.

LEAD, AND ITS PREPARATIONS, SUGAR OF LEAD, GOULARD'S EXTRACT, WHITE LEAD.

Lead is by no means an active poison, although it is popularly considered to be so. It mostly affects people by being taken into the system slowly, as in the case of painters and glaziers. A newly-painted house often affects those living in it. *Symptoms produced when taken in a large dose:* There is at first a burning, pricking sensation in the throat, to which thirst, giddiness, and vomiting follow. The belly is tight, swollen, and painful; *the pain being relieved by pressure.* The bowels are mostly bound. There is great depression of strength, and a cold skin. — *Treatment:* Give an emetic draught at once, and shortly afterwards a solution of Epsom salts in large quantities. A little brandy-and-water must be taken if the depression of strength is very great indeed. Milk, whites of eggs, and arrowroot are also useful. After two or three hours, cleanse the stomach and intestines well out with two tablespoonfuls of castor-oil, and treat the symptoms which follow according to the rules laid down in other poisons. *Symptoms when it is taken into the body slowly:* Headache, pain about the navel, loss of appetite and flesh, offensive breath, a *blueness of the edges of the gums;* the belly is tight, hard, and knotty, and the pulse slow and languid. There is also sometimes a difficulty in swallowing.—*Treatment:* Give 5 grains of calomel and ½ a grain of opium directly, in the form of a pill, and ½ an oz. of Epsom salts in two hours, and repeat this treatment until the bowels are well opened. Put the patient into a warm bath, and throw up a clyster of warmish water when he is in it. Fomentations of warm oil of turpentine, if they can be obtained, should be put over the whole of the belly. The great object is to open the bowels as freely and as quickly as possible. When this has been done, a grain of pure opium may be given. Arrowroot or gruel should be taken in good large quantities. The after-treatment must depend altogether upon the symptoms of each particular case.

LEAD TREE.

Put ½ oz. of sugar of lead in powder, into a clean glass globe or decanter, or large phial filled with water. Add 10 drops of nitric acid, or a little vinegar, and shake the mixture well. Then take a small piece of zinc, about the size of a hazel-nut, tie it to a string which passes through a cork that fits the phial; twist once or twice round the zinc a fine piece of brass or copper wire, and let the end of the wire depend from it in any agreeable form. Place the zinc and wire thus prepared, so that it shall hang as near as possible in the axis of the bottle, and that no part shall touch either the top, sides, or bottom. Let the whole rest quietly for a short time; metallic lead will soon deposit itself on the zinc, and along the wire, forming a brilliant illustration of chemical affinity. The zinc having a greater affinity for the acetic acid, which forms part of the sugar of lead, than the lead with which it is combined, has united with it, and suffered the lead to be deposited. The liquid will change to the acetate of zinc. The use of the nitric acid is to dissolve a white, cloudy precipitate, often formed when sugar of lead is dissolved in common water, or if it contain of itself any impurity. Filtering will also remove the cloudiness.

LEAKAGE IN IRON PIPES.

Mix iron filings into a stiff salve with vinegar. Dry the pipe well, and fill up the crack with the salve. It will soon harden, and effectually stop all leakage. A thin iron plate may, by the same salve, be fixed securely over any hole or crack too large to be stopped with the salve only.

LEASES.

A lease is an instrument in writing, by which one person grants to another the occupation and use of lands or tenements for a term of years for a consideration, the lessor granting the lease, and the lessee accepting it with all its conditions. A lessor may grant the lease for any term less than his own interest—for instance, one day—otherwise the grant will operate as an assignment, and as the rent is incident to the reversion, and the grantor would, in that case, have no reversion, he could not at law recover his rent. A tenant for life in an estate can only grant a lease for his own life. A tenant for life, having power to grant a lease, should grant it only in the terms of the power, otherwise the lease is void, and his estate may be made to pay heavy penalties under the covenant, usually the only one onerous on the lessor, for quiet enjoyment. The proprietor of a freehold—that is, of the possession in perpetuity of lands or tenements—may grant a lease for any number of years, for instance, ten thousand. If it be for not more than three years it may be either verbal or in writing. If it be in writing, it will require to be stamped the same as a lease, although it may be only in the nature of an agreement: so long as the intention of the parties is clearly expressed, and the covenants definite, and well understood by each party, the agreement is complete, and the law satisfied. In the case of settled estates, where no power, or an insufficient power, is contained in a will or settlement, the Court of Chancery is empowered to authorize leases under the 19 & 20 Vict. c. 120, and 21 & 22 Vict. c. 77, as follows:—21 years for agriculture or occupation, 40 years for water-power, 99 years for building-leases, 60 years for repairing-leases.

Leases are frequently burdened with a covenant not to underlet without the consent of the landlord: this is a covenant sometimes very onerous, and to be avoided, where it is possible, by a prudent lessee. An underletting to mere lodgers or inmates, would not, however, work a forfeiture of the lease.

A lease for any term beyond three years, whether an actual lease or an agreement for one, must be in the form of a deed; that is, it must be "under seal;" and all assignments and surrenders of leases must be in the same form, or they are *void at law*. Thus, an agreement made by letter, or by a memorandum of agreement, which would be binding in most cases, would be valueless when it was for a lease, unless under hand and seal. The last statute, 8 & 9 Vict. c. 106, under which these provisions became necessary, has led to serious difficulties. "The judges," says Lord St. Leonards, "feel the difficulty of holding a lease in writing, but not by deed, to be altogether void, and consequently decided, that although such a lease is void under the statute, yet it so far regulates the holding, that it creates a tenancy from year to year, terminable by half a year's notice; and if the tenure endure for the term attempted to be created by the void lease, the tenant may be evicted at the end of the term without any notice to quit." An agreement for a lease not by deed has been construed to be a lease for a term of years, and consequently void under the statute; "and yet," says Lord St. Leonards, "a court of equity has held that it may be specifically enforced as an agreement upon the terms stated." The law on this point is one of glorious uncertainty; in making any such agreement, therefore, we should be careful to express that it is an agreement, and not a lease; and that it is under seal. Neither an agreement nor a deed need be witnessed. If a deed be in the possession of the person who, in the common course of business, would be entitled to hold it, the law will presume it had been sealed and delivered by the other, until the contrary had been shown.

LEATHER.

We have recently met with a most valuable preparation for all leather

which is exposed to the influence of weather. Boots, shoes, harness, carriage aprons, engine hose, &c. &c., may easily and inexpensively be kept in good order by the occasional use of it. We have given it a fair trial, and can speak from experience of its efficacy. It is called Hurn's Universal Preservative of Leather, and is manufactured and sold in 1s. bottles by Messrs. G. and D. Hurn, Wormwood Street, London.

LEATHER, HOW TO ORNAMENT.

Leather may be gilded or silvered in the following manner:—Dust finely-powdered resin over the surface of the leather; then lay on the gold or silver leaf, and apply (hot) the impression or letters you wish to transfer; lastly, dust off the loose metal with a cloth.

LEATHER, TO WATERPROOF.

Ingredients: Resin, 1 oz.; tallow, ½ lb.; Burgundy pitch, 2 oz.; beeswax, 1 oz.; linseed-oil, 1 pint.—*Mode:* Mix all these well by melting them in a jar at the side of the fire, and, stirring them while warm, apply it to the leather with a soft brush. Two or three dressings will be required to produce an effectual waterproof.

LEECH-BITES, TO STOP THE BLEEDING OF.

A slight pressure with the finger upon the leech-bite, which has been covered with a piece of lint, or cotton-wool will frequently stop the bleeding. If not, apply to the orifice a plaster spread on lint of 1 part of yellow wax and two parts of olive oil mixed with heat.

LEECHES, TO MAKE THEM BITE.

It is often a matter of great trouble to make leeches bite. They have a great dislike to certain skins; others they take to immediately. It is always desirable to wash the place with warm water, and wipe it dry before applying the leeches. Some persons have found it a good thing to smear the spot with a very little blood; others recommend that the leeches should first be steeped for a moment or two in weak white wine and water, or pressed with a cloth that has been steeped in wine.

LEMON-JUICE, TO KEEP FRESH.

Lemon-juice is so desirable in cookery, and also so necessary for many medicinal purposes, that a supply of it should always be ready at hand. It is not possible at all times to procure fresh lemons, and sometimes they are very dear. Those who study economy in housekeeping will buy lemons when cheap, and keep them according to the directions given, or they will extract the juice and preserve it by the following recipe:—Take, when the fruit is plentiful and cheap, any number of lemons you may require; soften them well by rolling them under the hand upon a table; then cut them in half, and with a pair of wooden lemon-nippers squeeze out all the juice into a basin; strain it carefully through muslin, so as to get rid of all pulp as well as pips; then bottle the clear juice in very small phials, clean and perfectly dry, and before corking pour about a teaspoonful of sweet oil upon the juice in each bottle, to exclude all air. To prevent waste, the phials should be very small, as the juice, though it will keep some time corked up, will not long continue good after the bottle is opened. When required for use, the oil must be first removed by dipping into it pieces of cotton-wool. The peels of the lemons, after the juice is extracted, can be boiled in syrup and candied.

LEMON POMATUM.

Ingredients: 1 lb. of fresh hog's-lard, ¼ lb. of mutton suet, 2 oz. of orange-flower water, 2 oz. of rose-water, 2 drachms of essence of lemon, ½ drachm of musk, ½ drachm of oil of thyme. —*Mode:* Beat the lard well; also

clarify the suet; dissolve them in a gentle heat, and mix them well together. Then well mix the orange-flower water and rose-water, and work them into the lard, &c. Then mix in the other ingredients.

LEMON SYRUP.

Boil 2 lb. of loaf sugar in 1 pint of water; when the syrup is clarified, add an equal quantity of fresh lemon-juice. Mix these together, and let the syrup simmer for ten minutes.

LEMONADE.

Rasp 2 lemons and take the juice of 6; add ½ pint of syrup, and as much water as required. Strain before using it.

Another Recipe.—Ingredients: 1 lb. of white sugar, ¼ lb. tartaric acid, 40 drops of essence of lemon, 3 quarts of water. —*Mode:* Pour the water boiling on the sugar; when cold, add the tartaric acid and the essence of lemon. Lemonade so made will keep for some time.

LEMONADE, BOTTLED.

Dissolve ½ lb. of loaf sugar in 1 quart of water, and boil it over a slow fire; 2 drachms of acetic acid; 4 oz. of tartaric acid; when cold, add two-pennyworth of essence of lemon. Put one-sixth of the above, into each bottle filled with water, and add 30 grains of carbonate of soda; cork it immediately, and it will be fit for use.

LEMONADE, EFFERVESCING.

Ingredients: 2 parts of tartaric acid 1 part of bicarbonate of soda, 4 parts of powdered lump sugar, essence of lemon. *Mode:* The first three ingredients may be mixed together and kept quite dry for lemonade powders, using about a teaspoonful with a little essence of lemon in half a tumbler of water for a draught, or two teaspoonfuls of the mixture may be put into a soda-water bottle, and filled up with water; care being taken to cork the bottle immediately it is filled. The essence of lemon in both cases should be mixed with the water before it is poured upon the mixture.

LEMONADE POWDERS.

Ingredients: Citric acid, 1 part; finely powdered white sugar, 6 parts. —*Mode:* Mix the acid and sugar in these proportions and keep them in a bottle for use. The quantity to be put into a glass of water to make a pleasant drink must be regulated by taste.

LEMONS, TO KEEP.

Lemons may be kept in water for a long time, but they gradually lose flavour. They may also be kept strung together, and hung up in a dry airy place. They must not touch each other. String them with a fine packing needle through the nib of the lemon.

LEMONS, TO PRESERVE.

Take some fine lemons, pare the yellow rind off very thin, cut out a piece of the rind at the blossom end, and remove the pulps and pips. Now rub the lemons well all over with fine salt, and lay them in cold water, where they should remain for five or six days, totally immersed. Then boil them in new salt and water twenty minutes. Next prepare a syrup of one pound of loaf sugar to one quart of water, well skimmed; into this put the lemons, and boil five or six minutes each for four days successively; then place them in a jar, and let them stand for six weeks, being particular that they are completely covered with syrup. After the specified time, make a thick fine clear syrup of the best refined sugar and water, put the lemons into it, and boil them gently ten minutes; set them aside, and after twenty hours boil them again at short intervals until they look plump and clear. Then lay them into jars or glasses, and pour the syrup over them cold; cover them with brandy paper, and tie bladders or leather over all.

LIGHTNING.

When a person has been struck by lightning, there is a general paleness of the whole body, with the exception of the part struck, which is oftened blackened,

or even scorched.—*Treatment:* Same as for drowning. It is not, however, of much use; for when death takes place at all, it is generally instantaneous.

Another Recipe.—As soon as any one has been struck with lightning, lose no time in sending for medical assistance. Before this can arrive, endeavour to restore the patient to consciousness by dashing cold water over the head and face. Administer brandy, apply hot flannels wrung out in mustard and water, to the feet, and rub the back and spine with any strong liniment at hand.

LIME-FLOWER TEA, useful in Cases of Indigestion, Hysteria, &c.

Pour a pint of boiling water upon 1 oz. of lime-flowers in a china teapot. Let the infusion stand 10 minutes, and drink a cupful of it while hot. The tea may be sweetened with sugar or honey.

LIME IN THE EYE.

Bathe the eye with a little vinegar-and-water, and carefully remove any little pieces of lime which may be seen with a feather. If any lime has got entangled in the eyelashes, carefully clear it away with a bit of soft linen soaked in vinegar-and-water. Violent inflammation is sure to follow; a smart purge must be therefore administered, and in all probability a blister must be applied on the temple, behind the ear, or nape of the neck.

LIME-WATER TO MAKE.

To ½ lb. of unslaked lime add ¾ pint of water; put the lime into an earthen pot, and pour a little of the water upon it; and as the lime slakes, pour the water on by little and little, and stir up with a stick. The water must be added very slowly, otherwise the lime will fly about in all directions, and may break the vessel. In three or four hours' time, when the slaked lime has sunk to the bottom, pour the clear fluid off, and put it in stoppered bottles away from the light.

LIME-WATER, useful in Cases of Acidity and Indigestion.

Put into a common yellow basin or jug, 4 oz. of unslaked lime, sprinkle with spring water until it is partially slaked, then pour 5 or 6 pints of water upon it. Cover the basin or jug for an hour or two; then pour off all the clear liquid into bottles, for use. The bottles must be well corked or the lime-water will soon lose its virtue. A wineglassful two or three times a day will be found beneficial.

LINEN, THE GLOSSING OF.

Inquiry is frequently made respecting the mode of putting a gloss on linen collars and shirt-fronts, like that on new linen. This gloss, or enamel, as it is sometimes called, is produced mainly by friction with a warm iron, and may be put on linen by almost any person. The linen to be glazed receives as much strong starch as it is possible to charge it with, then it is dried. To each pound of starch a piece of sperm or white wax, about the size of a walnut, is usually added. When ready to be ironed, the linen is laid upon the table and moistened very lightly on the surface with a clean wet cloth. It is then ironed in the usual way with a flat-iron, and is ready for the glossing operation. For this purpose a peculiar heavy flat-iron, rounded at the bottom, as bright as a mirror, is used. It is pressed firmly upon the linen and rubbed with much force, and this frictional action puts on the gloss. "Elbow grease" is the principal secret connected with the art of glossing linen.

LINIMENT, useful for Rheumatism, Face-ache, Stiff-neck, Chilblains, Strains, &c.

Ingredients: 1 egg, ½ pint of vinegar, 1 oz. of spirit of turpentine, ¼ oz. of spirits of wine, ¼ oz. of spirits of camphor.—*Mode:* Beat up the egg, pound the camphor, and dissolve it in the spirits of wine and turpentine; then mix all the

ingredients well together; bottle the mixture, and it will be ready for use. After rubbing the liniment well in, the part should be covered with a piece of flannel. For rheumatism in the head, rub the liniment on the back of the neck and behind the ears. Keep the bottle closely corked.

Liniment for Chilblains. — French fly, 2 drachms; soap liniment, 1½ oz. To be well rubbed in every night and morning.

Liniment for Painful Joints.—Take of soap liniment 6 fluid drachms; tincture of aconite, 10 fluid drachms. Mix. To be rubbed upon the joints at bed-time.

Liniments.—1. Equal parts of lime-water and linseed-oil well mixed together.—2. Compound camphor-liniment.

LINSEED-MEAL POULTICE.

"Scald your basin, by pouring a little hot water into it; then put a small quantity of finely-ground linseed-meal into the basin, pour a little hot water on it, and stir it round briskly until you have well incorporated them; add a little more meal and a little more water; then stir it again. Do not let any lumps remain in the basin, but stir the poultice well, and do not be sparing of your trouble. What you do next, is to take as much of it out of the basin as you may require, lay it on a piece of soft linen, and let it be about a quarter of an inch thick."—*Abernethy.*

LINSEED-TEA, useful in cases of Coughs, Bronchial Affections, Inflammation of the Bladder and Urinary Passages, &c.

Ingredients: 2 teaspoonfuls of whole linseed, ¼ oz. of liquorice-root, 3 pints of boiling water, 1 oz. of coltsfoot-leaves.—*Mode:* Wash the linseed in cold water; when quite clean, put it, with the other ingredients, into a china teapot, pour the boiling water upon them, and leave all by the side of the fire for four or five hours. After this, strain and drink the infusion while warm.

Another Recipe.—This drink, useful in all asthmatic and pulmonary complaints, is best made in the following manner in any common china teapot. To every pint of boiling water used, ¼ oz. of whole linseed, sifted as clean as possible. Let the infusion stand half an hour, then pour it off into a bottle for use. It may be sweetened with sugar or honey, or flavoured with orange-water. It is very nutritious as well as soothing.

LIPS.

Good lips are indispensable in the general estimate of female loveliness. The lips should be fine, smooth, soft, and of a ruby tint. Good health alone can impart to the lips their peculiar beauty; and the appearance of the lips, especially of the under lip, is generally considered as a strong index of the state of the health. Cold cutting winds will often make the lips rough and uncomfortable. A little warm milk-and-water is the best and safest remedy for this, if the lips are not badly chapped. In this latter case, however, it may be necessary to apply to some of the emollient lip-salves, of which we have here given recipes. Delicate ladies, who value the appearance of their lips, will never use water either very cold or very hot. Tepid soft water is far more likely to keep the lips comfortable than any other; but, as we said before, everything depends upon the state of the health.

LIP-SALVE.

Ingredients: 4 oz. of fresh beef marrow, 1½ oz. of virgin wax, ½ drachm of alkanet-root, ½ oz. of gum benjamin, ¼ oz. of storax, 1 golden pippin sliced, ½ oz. fine white sugar, 6 or 8 dessert-spoonfuls of claret.—*Mode:* Boil the above in a pipkin until of a good red or pink colour; then skim it off into small plates, or anything shallow, to form small cakes. When quite cold, remove the cakes of salve off the plates, and fold them separately in white paper. This salve will keep well, and is excel-

lent for chapped lips and hands, also for blows and bruises.

Another Recipe.—Ingredients: 1 oz. of oil of sweet almonds, ¼ oz. of white wax, ½ oz. of spermaceti, 4 or 5 drops of oil of roses, and 4 grains of cochineal. —*Mode:* Warm these before the fire till well mixed; then leave them to cool.

Another—White and Red. — White spermaceti ointment or cerate, 1½ oz.; finely-powdered white sugar ½ oz.; scent, a sufficient quantity. Mix.—2. *Red*—Spermaceti ointment, 1 oz.; alkanet-root, ¾ drachm. Melt together till sufficiently coloured; strain, and when considerably cooled, add 2 or 3 drops of oil of lavender.

LIQUID BLACKING.

Rub well together 1 lb. of ivory-black in fine powder, ¾ lb. of treacle, and 2 oz. of sweet oil. Afterwards add 1 pint of vinegar, and the same quantity of beer.

LIQUID BLUE.

Take ½ lb. of best double oil of vitriol, mix 1 oz. of Spanish indigo pounded very fine, and scrape in a little chalk; have an iron pot half full of sand, set this on the fire; when the sand is hot, put the bottle in, and let the vitriol, &c., boil gently for a quarter of an hour; take the whole off the fire, and let it stand for twenty-four hours, and then bottle it for use.

LIQUID GLUE.

In a wide-mouthed bottle dissolve 8 oz. of best glue in ½ pint of water, by setting it in a vessel of water and heating it till dissolved; then add slowly, constantly stirring, 2½ oz. of strong aquafortis (nitric acid). Keep it well corked, and it will be ready for use. It is a handy and valuable composition, as it does not gelatinize, nor undergo putrefaction and fermentation, and become offensive, and is always ready for use.

LIQUID ROUGE.

Take equal parts of spirits of wine, of white-wine vinegar, and of water, and mix in rouge powder till the desired colour is obtained. Apply with a piece of soft rag.

LIVER COMPLAINT AND SPASMS.

A very obliging correspondent recommends the following, from personal experience:—Take 4 oz. of dried dandelion-root, 1 oz. of the best ginger, ¼ oz. of columba-root; bruise and boil altogether in 3 pints of water till it is reduced to a quart; strain, and take a wineglassful every four hours. Our correspondent says it is a "safe and simple medicine for both liver-complaint and spasms."

LOCOMOTIVE (an American Drink).

Ingredients: 1 oz. of honey, 2 eggs, 3 or 4 drops of essence of cloves, a small glass of curaçoa, 1 pint of red burgundy.—*Mode:* Put the honey, the yolks of the eggs, essence of cloves, and curaçoa into a bowl; beat them well with a whisk, heat the burgundy over the fire, and when quite hot whisk it also into the bowl: serve hot in glasses.

LOOKING-GLASS, TO CLEAN.

Remove, with a damp sponge, fly-stains and other soils (the sponge may be damped with water or spirits of wine). After this dust the surface with the finest sifted whiting or powder-blue, and polish it with a silk handkerchief or soft cloth. Snuff of candles, if quite free from grease, is an excellent polish for looking-glass.

Another.—Remove all fly-stains and dirt by breathing on them, and rubbing with a soft rag; then tie up some powder-blue in a piece of thick flannel, and with this carefully polish the whole surface.

LOOKING-GLASSES, TO SILVER.

Take a sheet of tin-foil, and spread it upon a table; then rub mercury upon it with a hare's foot till the two metals

incorporate. Lay the plate of glass upon it, and load it with weights, which will have the effect of pressing out the excess of mercury that was applied to the tin-foil. In a few hours the tin-foil will adhere to the glass and convert it into a mirror. About 2 oz. of mercury are sufficient for covering three square feet of glass.

LOTION TO PROMOTE THE GROWTH OF THE HAIR.

Eau de Cologne, 2 oz.; tincture of cantharides, 2 drachms; oil of rosemary and oil of lavender, of each 10 drops.

LOTIONS FOR SPRAINS AND BRUISES.

1. Mix a dessert-spoonful of Goulard's extract and 2 tablespoonfuls of vinegar in a pint of water.—2. Mix ¼ oz. of sal-ammoniac, 2 tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water.

LOZENGES FOR BAD BREATH.

Gum-catechu, 1 oz.; white sugar, 2 oz.; orris-powder, ¼ oz. Make them into a paste with mucilage, and add a drop of neroli. One or two may be sucked at pleasure.

LOZENGES FOR A COLD.

Ingredients: 1 lb. of loaf sugar, 3 oz. of Spanish liquorice, ¼ oz. of gum-arabic, oil of anise.—*Mode:* Pound the sugar, dissolve the liquorice and gum in warm water; then mix the ingredients and add a very little oil of anise. Let the mixture be of such a consistency that it may be poured out on a slate or slab and cut into lozenges, which may be put on the top of an oven to dry.

LUCIFER MATCHES.

Take phosphorus, 4 parts; nitre, 10; fine glue, 6; red ochre or red lead, 5; and smalt, 2. Convert the glue, with a little water, by gentle heat, into a smooth jelly, put it into a slightly warm porcelain mortar to liquefy; rub the phosphorus down through this gelatine at a temperature of about 140 or 150 deg. Fahr.; add the nitre, then the red powder, and lastly the smalt, till the whole forms a uniform paste.—2. To make writing-paper matches, which burn with a bright flame, and diffuse an agreeable odour, moisten each side of the paper with tincture of benzoin, dry it, cut it into slips, and smear one of their ends with a little of the above paste by means of a hair-pencil. On rubbing the said end after it is dry against a rough surface, the paper will take fire, without the intervention of sulphur.—3. To make lucifer matches that act without sulphur, melt in a flat-bottomed tin pan as much white wax as will stand one-tenth of an inch deep; take a bundle of wooden matches free from resin, rub their ends against a red-hot iron plate till the wood is slightly charred; dip them now, separately, into the above viscid paste. When dry, they will kindle rapidly by friction.

LUMBAGO.

A "new and successful mode" of treating lumbago, advocated by Dr. Day, is a form of counter-irritation, said to have been introduced into this country by the late Sir Anthony Carlisle, and which consists in the instantaneous application of a flat iron button, gently heated in a spirit-lamp, to the skin. Dr. Corrigan published, about three years ago, an account of some cases very successfully treated by nearly similar means. Dr. Corrigan's plan was, however, to touch the surface of the part affected, at intervals of half an inch, as lightly and rapidly as possible. Dr. Day has found greater advantages to result from drawing the flat surface of the heated button lightly over the affected part, so as to act on a greater extent of surface. The doctor speaks so enthusiastically of the benefit to be derived from this practice, that it is evidently highly deserving attention.

LUMBAGO, EMBROCATION FOR.

Ingredients: ½ oz. of the strongest camphorated spirit, 1 oz. spirit of turpentine, 1 raw egg, ½ pint of best vinegar.—*Mode:* Well mix these ingredients, and keep them in a bottle closely corked. Rub the part affected three or four times a day with this embrocation.

MACASSAR OIL FOR THE HAIR.

Ingredients: 1 pint of castor-oil, 1 oz. of alkanet-root, 3 grains of musk, 20 drops of oil of cloves, 20 drops of oil of bergamot.—*Mode:* Put the castor-oil into a tin saucepan or pipkin over the fire, and when it is quite warm stir in the alkanet-root. Let it stand five or ten minntes, then strain it, and leave it to cool. When quite cold, mix in the scents; bottle and cork it for use.

MAGENTA DYE.

This beautiful dye for bonnet-ribbons, small handkerchiefs, &c., may be used in the following manner:—The ribbon must be white and perfectly clean, and must, previously to making use of the dye, be washed in strong soap-and-water, and afterwards rinsed in plain hot water. Then take a quart of nearly boiling water, pour into it a few drops of the Magenta dye; stir it well during the time of dyeing. This will produce a beautiful colour. The Magenta dye may be had at Mr. Barnes's, drysalter, Long Acre, or at any respectable chemist's.

MAGNESIA.

Carbonate of magnesia is a safe aperient for little children. It keeps well in a corked bottle. A teaspoonful may be given in a little warm milk. Magnesia will not dissolve properly unless it is put on the top of the liquid, and allowed to fall through it. In this way it becomes quite smooth when mixed.

MAHOGANY POLISH.

Ingredients: ¼ lb. of beeswax, 1 oz. of colophony, 2 oz. of oil of turpentine. —*Mode:* Cut the wax into thin pieces, pound the colophony, and melt them together in a pipkin; then warm the oil of turpentine, and stir it gradually into the pipkin. When thoroughly mixed, the polish may be put into a jar and tied over till required. It should be well rubbed into the mahogany by means of a smooth piece of woollen cloth. This is an excellent polish for general furniture, but not the best for the tops of dining-tables. (*See* Mahogany Tables, to polish.)

MAHOGANY, TO GIVE A RICH COLOUR TO.

Ingredients: 1 pint of cold-drawn linseed-oil, 4 pennyworth of alkanet-root, and 2 pennyworth of rose-pink.—*Mode:* Put these ingredients into an earthen basin, stir them well, and leave them one night; then, having washed the furniture perfectly clean with vinegar, and removed all stains, cover it lightly with the above, on a soft rag. Leave it for some hours; then polish off with linen cloths.

MAHOGANY, TO REMOVE STAINS FROM.

Ingredients: 6 parts of spirits of salts, 1 part of salts of lemon.—*Mode:* Mix them and keep them in a bottle, corked. When required for use, drop a little of the mixture on the stains, and rub them until they disappear.

MAHOGANY STAINING FOR DEAL OR OTHER WOOD.

Ingredients: 2 lbs. of boiled oil, 3 oz. of alkanet-root, 2 oz. of resin, 2 oz. of beeswax.—*Mode:* Make the oil quite hot, set it by the side of the fire for five or six hours, and stir the alkanet well into it; then pound the resin, and cut the beeswax into small pieces, and stir them in. Rub this staining well into the wood with a painter's brush, and, when dry, varnish it or polish.

MAHOGANY STAINING.

Ingredients: 1 lb. of logwood, 4 quarts of water, a double handful of walnut-peels, 1 pint of best vinegar.—*Mode:* Well boil the logwood and walnut-peels; strain the liquid, and add the vinegar while hot. It must be used boiling hot, and finished off with a graining-brush.

MAHOGANY TABLES, TO POLISH.

Ingredients: ¼ lb. of best white curd soap, 1 pint of water, ¼ lb. of white wax, 3 oz. of common beeswax.—*Mode:* Cut the soap very fine, put it into the water in a pipkin, and hold it over the fire till dissolved; then add the wax and beeswax cut into very small pieces. When the whole is well incorporated, the polish is fit for use. Clean well the surface of the table, then dip a piece of flannel in the varnish while warm, and rub the table all over with it; leave it for a quarter of an hour, then rub it with a furniture-brush in all directions, and afterwards polish it with another piece of clean flannel. This will produce a beautiful glassy surface.

MAHOGANY VARNISH.

Ingredients: 32 parts of dark gum-animi, 100 parts of dark boiled or linseed-oil, 1 part of litharge, 1 part of sugar of lead, 175 parts of spirit of turpentine.—*Mode:* Boil the gum-animi, litharge, and sugar of lead in the linseed-oil, and stir them till dissolved. When nearly cold, mix in the turpentine. This varnish is very useful to improve the appearance of common deal wardrobes and other furniture.

MAID-OF-ALL-WORK, DUTIES OF THE.

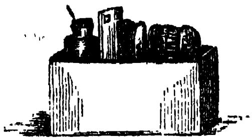
The general servant, or maid-of-all-work, is perhaps the only one of her class deserving of commiseration: her life is a solitary one, and, in some places, her work is never done. She is also subject to rougher treatment than either the house or kitchen-maid, especially in her earlier career: she starts in life probably a girl of thirteen, with some small tradesman's wife as her mistress, just a step above her in the social scale; and although the class contains among them many excellent, kind-hearted women, it also contains some very rough specimens of the feminine gender, and to some of these it occasionally falls to give our maid-of-all-work her first lessons in her multifarious occupations; the mistress's commands are the measure of the maid-of-all-work's duties. By the time she has become a tolerable servant, she is probably engaged in some respectable tradesman's house, where she has to rise with the lark, for she has to do in her own person all the work which in larger establishments is performed by cook, kitchen-maid, and housemaid, and occasionally the part of a footman's duty, which consists in carrying messages.

The general servant's duties commence by opening the shutters and windows (if the weather permits) of all the lower apartments in the house; she should then brush up her kitchen-range, light the fire, clear away the ashes, clean the hearth, and polish with a leather the bright parts of the range, doing all as rapidly and as vigorously as possible, that no more time be wasted than is necessary. After putting on the kettle, she should then proceed to the dining-room or parlour to get it in order for breakfast. She should first roll up the rug, take up the fender, shake and fold up the table-cloth, then sweep the room, carrying the dirt towards the fireplace; a coarse cloth should then be laid down over the carpet, and she should proceed to clean the grate, having all her utensils close to her. When the grate is finished, the ashes cleared away, the hearth cleaned, and the fender put back in its place, she must dust the furniture, not omitting the legs of the tables and chairs; and if there are any ornaments or things on the sideboard, she must not dust round them, but lift them up on to another place, dust well where they have been standing, and then replace the things. Nothing annoys a particular mistress so much as to find,

Maid-of-all-Work.

when she comes down-stairs, different articles of furniture looking as if they had never been dusted. If the servant is at all methodical, and gets into a habit of *doing* a room in a certain way, she will scarcely ever leave her duties neglected. After the rug is put down, the tablecloth arranged, and everything in order, she should lay the cloth for breakfast, and then shut the dining-room door.

The hall must now be swept, the mats shaken, the door-step cleaned, and any brass knockers or handles polished up with the leather. If the family breakfast very early, the tidying of the hall must then be deferred till after that meal. After cleaning the boots that are absolutely required, the servant should now wash her hands and face, put on a clean white apron, and be ready for her mistress when she comes down-stairs. In families where



Blacking-Brush Box.

there is much work to do before breakfast, the master of the house frequently has two pairs of boots in wear, so that they may be properly cleaned when the servant has more time to do them, in the daytime. This arrangement is, perhaps, scarcely necessary in the summer-time, when there are no grates to clean every morning; but in the dark days of winter it is only kind and thoughtful to lighten a servant-of-all-work's duties as much as possible.

She will now carry the urn into the dining-room, where her misstress will make the tea or coffee, and sometimes will boil the eggs, to ensure them being done to her liking. In the mean time the servant cooks, if required, the bacon, kidneys, fish, &c.;— if cold meat is to be served, she must always send it to table on a clean dish, and nicely garnished with tufts of parsley, if this is obtainable.

After she has had her own breakfast, and whilst the family are finishing theirs, she should go up-stairs into the bedrooms, open all the windows, strip the clothes off the beds, and leave them to air whilst she is clearing away the breakfast things. She should then take up the crumbs in a dust-pan from under the table, put the chairs in their places, and sweep up the hearth.

The breakfast things washed up, the kitchen should be tidied, so that it may be neat when her mistress comes in to give the orders for the day: after receiving these orders, the servant should go up-stairs again, with a jug of boiling water, the slop-pail, and two cloths. After emptying the slops, and scalding the vessels with the boiling water, and wiping them thoroughly dry, she should wipe the top of the wash-table and arrange it all in order. She then proceeds to make the beds, in which occupation she is generally assisted by the mistress, or, if she have any daughters, by one of them. Before commencing to make the bed, the servant should put on a large bed-apron, kept for this purpose only, which should be made very wide, to button round the waist and meet behind, while it should be made as long as the dress. By adopting this plan, the blacks and dirt on servants' dresses (which at times it is impossible to help) will not rub off on to the bed-clothes, mattresses, and bed furniture. When the beds are made, the rooms should be dusted, the stairs lightly swept down, hall furniture, closets, &c., dusted. The lady of the house, when there is but one servant kept, frequently takes charge of the drawing-room herself, that is to say, dusting it; the servant sweeping, cleaning windows, looking-glasses, grates, and rough work of that sort. If there are many ornaments and knick-knacks about the room, it is certainly better for the mistress to dust these herself, as a maid-of-all-work's hands are not always in a condition to handle delicate ornaments.

Maid-of-all-Work.

Now she has gone the rounds of the house and seen that all is in order, the servant goes to her kitchen to see about the cooking of the dinner, in which very often her mistress will assist her. She should put on a coarse apron with a bib to do her dirty work in, which may be easily replaced by a white one if required.

Half an hour before dinner is ready, she should lay the cloth, that everything may be in readiness when she is dishing up the dinner, and take all into the dining-room that is likely to be required, in the way of knives, forks, spoons, bread, salt, water, &c. &c. By exercising a little forethought, much confusion and trouble may be saved both to mistress and servant, by getting everything ready for the dinner in good time.

After taking in the dinner, when every one is seated, she removes the covers, hands the plates round, and pours out the beer; and should be careful to hand everything on the left side of the person she is waiting on.

We need scarcely say that a maid-of-all-work cannot stay in the dining-room during the whole of dinner-time, as she must dish up her pudding, or whatever is served after the first course. When she sees every one helped, she should leave the room to make her preparations for the next course; and anything that is required, such as bread, &c., people may assist themselves to, in the absence of the servant.

When the dinner things are cleared away, the servant should sweep up the crumbs in the dining-room, sweep the hearth, and lightly dust the furniture, then sit down to her own dinner.

After this, she washes up and puts away the dinner things, sweeps the kitchen, dusts and tidies it, and puts on the kettle for tea. She should now, before dressing herself for the afternoon, clean her knives, boots and shoes, and do any other dirty work in the scullery that may be necessary. Knife-cleaning machines are rapidly taking the place, in most households, of the old knife-board. The saving of labour by the knife-cleaner is very great, and its performance of the work is very satisfactory. Small and large machines are manufactured, some cleaning only four knives, whilst others clean as many as twelve at once. Nothing can be more simple than the process of machine knife-cleaning; and although, in a very



Knife-cleaning Machine.

limited household, the substitution of the machine for the board may not be necessary, yet we should advise all housekeepers, to whom the outlay is not a difficulty, to avail themselves of the services of a machine. We have already spoken of its management in the "Duties of the Footman."

When the servant is dressed, she takes in the tea, and after tea turns down the beds, sees that the water-jugs and bottles are full, closes the windows, and draws down the blinds. If the weather is very warm, these are usually left open until the last thing at night, to cool the rooms.

The routine of a general servant's duties depends upon the kind of situation she occupies; but a systematic maid-of-all-work should so contrive to divide her work, that every day in the week may have its proper share. By this means she is able to keep the house clean with less fatigue to herself than if she left all the cleaning to do at the end of the week. Supposing there are five bedrooms in the house, two sitting-rooms, kitchen, scullery, and the usual domestic offices:—On Monday she should thoroughly clean the drawing-room; on Tuesday two of the bedrooms; on Wednesday, two more; on Thursday, the other bedroom and

stairs; on Friday morning she should sweep the dining-room very thoroughly, clean the hall, and in the afternoon her kitchen tins and bright utensils. By arranging her work in this manner, no undue proportion will fall to Saturday's share, and she will then have this day for cleaning plate, cleaning her kitchen, and arranging everything in nice order. The regular work must, of course, be performed in the usual manner, as we have endeavoured to describe.

Before retiring to bed, she will do well to clean up glasses, plates, &c. which have been used for the evening meal, and prepare for her morning's work by placing her wood near the fire, on the hob, to dry, taking care there is no danger of it igniting, before she leaves the kitchen for the night. Before retiring she will have to lock and bolt the doors, unless the master undertakes this office himself.

If the washing, or even a portion of it, is done at home, it will be impossible for the maid-of-all-work to do her household duties thoroughly during the time it is about, unless she have some assistance. Usually, if all the washing is done at home, the mistress hires some one to assist at the wash-tub, and sees to little matters herself, in the way of dusting, clearing away breakfast things, folding, starching, and ironing the fine things. With a little management much can be accomplished, provided the mistress be industrious, energetic, and willing to lend a helping hand. Let washing-week be not the excuse for having everything in a muddle; and although "things" cannot be cleaned so thoroughly, and so much time spent upon them, as ordinarily, yet the house may be kept tidy and clear from litter without a great deal of exertion either on the part of the mistress or servant. We will conclude our remarks with an extract from an admirably-written book, called "Home Truths for Home Peace." The authoress says with respect to the great wash — "Amongst all the occasions in which it is most difficult and glorious to keep muddle out of a family, 'the great wash' stands pre-eminent; and as very little money is now saved by having *everything* done at home, many ladies, with the option of taking another servant or putting out the chief part of the washing, have thankfully adopted the latter course." She goes on to say— "When a gentleman who dines at home can't bear washing in the house, but gladly pays for its being done elsewhere, the lady should gratefully submit to his wishes, and put out anything in her whole establishment rather than put out a good and generous husband."

A bustling and active girl will always find time to do a little needlework for herself, if she lives with consistent and reasonable people. In the summer evenings she should manage to sit down for two or three hours, and for a short time in the afternoon in leisure days. A general servant's duties are so multifarious, that unless she be quick and active she will not be able to accomplish this. To discharge these various duties properly is a difficult task, and sometimes a thankless office; but it must be remembered that a good maid-of-all-work will make a good servant in any capacity, and may be safely taken not only without fear of failure, but with every probability of giving satisfaction to her employer.

MALT.

Put about five quarts of good barley, newly threshed, &c., into a stone trough full of water, and let it steep till the water be of a bright reddish colour, which will be in about three days, more or less, according to the season of the year, or the temperature of the weather, or the moisture or dryness, smallness or largeness of the grain. In summer, malt never makes well; in winter, it requires longer steeping than in spring or autumn. It may be known when steeped enough by other marks besides the colour of the water; as by the excessive swelling of the grain, if it be over-steeped, by too much softness. When sufficiently steeped, take it out of the trough, and lay it in heaps to let

the water drain from it; then, after two or three hours, turn it over with a scoop, and lay it in a new heap, twenty or twenty-four inches deep. This is called the coming heap, in the right management of which lies the principal skill. In this heap it may lie forty hours, more or less, according to the before-mentioned qualities of the grain, &c., before it come to the right temper of malt. While it lies, it must be carefully looked to after the first fifteen or sixteen hours; for about that time the grains begin to put forth roots, which, when they have equally and fully done, the malt must, within an hour after, be turned over with a scoop; otherwise the grains will begin to put forth the blade and spire also, which must by all means be prevented. If all the malt does not come equally, but that which lies in the middle, being warmest, comes the soonest, the whole must be turned, so that what was outermost may be inmost; and thus it is managed till it is all alike. As soon as the malt is sufficiently come, turn it over and spread it to a depth not exceeding five or six inches; and by the time it is all spread out, begin and turn it over three or four times. Afterwards turn it in like manner once in four or five hours, making the heap deeper by degrees, and continuing to do so for the space of forty-eight hours at least. This cools, dries, and deadens the grain, so that it becomes mellow, melts easily in brewing, and separates entirely from the husk. Then throw up the malt into a heap, as high as possible, where let it lie till it grows as hot as the hand can bear it, which usually happens in about thirty hours. This perfects the sweetness and mellowness of the malt. After being enough heated, throw it abroad to cool, and turn it over again about six hours after; and then lay it on a kiln with hair-cloth or wire spread under it. After one fire, which must last twenty-four hours, give another more slow, and afterwards, if needed, a third: for if the malt be not thoroughly dried, it cannot be well ground, neither can it dissolve well in the brewing; but the ale it makes will be red, bitter, and unfit for keeping.

MALT, TO DETECT FRAUD IN (Cobbett's Recipe).

Throw a handful of malt into a vessel of water: the well-malted grains will float, and the unmalted barley sink; those grains that are insufficiently malted will float about the middle.

MALVINE, an Agreeable and Elegant Cosmetic, perfectly harmless and very effectual in rendering the skin soft and delicate.

Ingredients: 4 oz. of marsh-mallow root, 2 oz. of the purest starch, 3 drachms of orris-root, and 20 drops of essence of jasmine.—*Mode:* Reduce to the finest powder the marsh-mallow root, starch, and orris-root; mix them well together, and sift them through fine muslin, and then add the scent. Apply with a puff.

MANUSCRIPTS, WHEN ALMOST ILLEGIBLE, TO RENOVATE.

Wash them lightly and carefully with a very weak solution of ferro-cyanide of potash in clean water.

MARBLE, TO CLEAN.

Ingredients: 2 parts of common soda, 1 part of pumice-stone, 1 part of finely-powdered chalk.—*Mode:* Sift these through a fine sieve, and mix them together with water into a thin paste; rub the marble well over with this; wash it with clean soap and-water—all stains will disappear, and the marble look like new.

Another Recipe.—Mix with ¼ pint of soap-lees, ½ gill of turpentine, sufficient pipeclay and bullocks' gall to make the whole into rather a thick paste. Apply it to the marble with a soft brush, and after a day or two, when quite dry, rub it off with a soft rag. Apply this a second or third time, till the marble is quite clean.

Another.—Make a smooth paste with finely-powdered pumice-stone and verjuice, smear it all over the marble, and leave it to dry; when quite dry, wash

it off with clean water, and polish the surface with a soft rag.

Another.—Make a smooth paste of finely-powdered pipeclay mixed with ¼ pint of ox-gall, ¼ pint of strong soap-suds, and ⅛ gill of turpentine; lay this all over the surface with a brush, and leave it for two days. When wiped off, the marble will be bright and clean; if not, repeat the process.

MARBLE, TO REMOVE IRON-STAINS FROM.

Mix well together an equal quantity of lemon-juice and spirit of vitriol; wet the stains with the mixture, and after a few minutes rub with a soft cloth till the marble is quite clean.

MARIGOLDS.

The flowers and also the leaves of all the common marigolds may be made very useful in cookery. When dried and reduced to powder, they will impart a delicate and most agreeable flavour to soups, &c. They can be kept in a dried state for use as sweet-herbs.

MARKING-INK.

Pound caustic in a glass mortar, and dissolve it in double its weight of water. This is the ink, which should be kept in a closely-stopped bottle. Before using it, saturate the part to be written upon with a liquid made of 1 drachm of salt of tartar and 1½ oz. of water, and dry it. This is a very old-fashioned plan of marking linen; but it is far more permanent than the modern methods under one operation.

Another Recipe.—The juice of sloes and gum-arabic, in the proportion of 1 oz. of the latter to 1 pint of the former, make a very cheap and durable marking ink.

Another (Red).—Ingredients: ½ oz. of vermilion, 1 drachm of salts of steel, linseed-oil; levigate the vermilion and salts of steel with linseed-oil to the consistence required. This ink may be used with a pen or brush.

MATTING, TO CLEAN.

Rush matting, and what is called

India matting, should be washed but seldom. When washing is necessary, use a little salt and clean soft water. The salt will prevent the matting from turning yellow. Do not use soap, which will soon spoil the colour.

MEAD.

Ingredients for a six-gallon cask: 24 lb. of honey, 1 oz. of hops, and ¾ oz. of coriander-seed, the rinds of 3 or 4 oranges and lemons, 1 pint of brandy, and 6 gallons of water.—*Mode:* Set the water to boil; when quite hot, work in the honey, and let it boil half an hour. While boiling, sew up the hops in a muslin bag, and the coriander-seed, with the orange and lemon-peels, in another muslin bag, and put them into the liquor. Take off the scum as it rises, let the liquor stand twenty-four hours, then put it into the cask with the brandy; put the bung in lightly till fermentation is over, then bung the cask down quite close. It will be ready for use in nine or ten months; but if kept for a longer period it will be more mellowed, and the sweetness will go off. When the cask is once tapped, the whole should be bottled, as it does not keep well on draught.

MEAD, SPARKLING, VERY SUPERIOR.

Ingredients: 14 lb. of honey, 3 eggs, a small bunch of marjoram, the same of balm, and the same of sweet-brier, ½ oz. of cinnamon, ½ oz. of clove, ½ oz. of bruised ginger, ¼ pint of yeast, a bottle of white hermitage or moselle, 6 gallons of water.—*Mode:* Set the water to boil; when quite hot, stir in the honey, and then immediately the 3 eggs, slightly beaten up. Put the herbs together into a muslin bag, and the spices into another bag, and when the liquor with the honey and eggs has boiled half an hour, put in these two bags with their contents, and boil again for a quarter of an hour. After this pour out the liquor into an open tub to cool, take out the bags, and set it to work in the usual way by spreading the yeast on pieces of toasted

bread and floating them on the surface. After being left 24 hours, the toasts must be removed, and the liquor put into the cask. Now add the moselle or hermitage; when fermentation has ceased, bung the cask closely. After a month bottle it, and wire down the corks.

MEALS.

The custom of having certain fixed hours for meals is a very wise one. It would be as injurious to health as it would be subversive of everything like order in a household, were people to eat and drink, as some say they should, only when they are hungry and thirsty. We are so much the creatures of habit, that we can easily confine our hunger and thirst to proper times. Those who accustom themselves to take food at a certain hour in the day will always, while in good health, feel hungry as that hour comes round. Indeed it not unfrequently has been found that the stomach will only work at those hours to which it has been accustomed, and that much inconvenience has resulted from a change in the hour of taking a meal, more especially dinner, which, with most persons, is the chief meal of the day.

MEASLES.

This much-dreaded disease, which forms the next subject in our series of infantine diseases, and which entails more evils on the health of childhood than any other description of physical suffering to which that age of life is subject, may be considered more an affection of the venous circulation, tending to general and local congestion, attended with a diseased condition of the blood, than either as a fever or an inflammation; and though generally classed before or after scarlet fever, it is, in its pathology and treatment, irrespective of its after-consequences, as distinct and opposite as one disease can well be from another.

As most persons are aware, measles are always characterized by a running at the nose and eyes, and great oppression of breathing; so, in the mode of treatment, two objects are to be held especially in view; first, to unload the congested state of the lungs,—the cause of the oppressed breathing; and, secondly, to act vigorously, both during the disease and afterwards, on the bowels. At the same time it cannot be too strongly borne in mind, that though the patient in measles should on no account be kept unduly hot, more care than in most infantine complaints should be taken to guard the body from *cold*, or any abrupt changes of temperature. With these special observations, we shall proceed to give a description of the disease, as recognized by its usual—

Symptoms, which commence with cold chills and flushes, lassitude, heaviness, pain in the head, and drowsiness, cough, hoarseness, and extreme difficulty of breathing, frequent sneezing, defluction or running at the eyes and nose, nausea, sometimes vomiting, thirst, a furred tongue; the pulse throughout is quick, and sometimes full and soft, at others hard and small, with other indications of an inflammatory nature.

On the third day, small red points make their appearance, first on the face and neck, gradually extending over the upper and lower part of the body. On the fifth day, the vivid red of the eruption changes into a brownish hue, and, in two or three days more, the rash entirely disappears, leaving a loose powdery desquamation on the skin, which rubs off like dandriff. At this stage of the disease a diarrhœa frequently comes on, which, being what is called "critical," should never be checked, unless seriously severe. Measles sometimes assume a typhoid or malignant character, in which form the symptoms are all greatly exaggerated, and the case from the first becomes both doubtful and dangerous. In this condition the eruption comes out sooner, and only in patches; and often, after showing for a few hours, suddenly recedes, presenting, instead of the usual florid red, a dark purple

or blackish hue; a dark brown fur forms on the gums and mouth, the breathing becomes laborious, delirium supervenes, and, if unrelieved, is followed by coma; a fetid diarrhœa takes place, and the patient sinks under the congested state of the lungs and the oppressed functions of the brain.

The unfavourable symptoms in measles are a high degree of fever, the excessive heat and dryness of the skin, hurried and short breathing, and a particularly hard pulse. The after-consequences of measles are, croup, bronchitis, mesenteric disease, abscesses behind the ear, ophthalmia, and glandular swellings in other parts of the body.

Treatment.—In the first place, the patient should be kept in a cool room, the temperature of which must be regulated to suit the child's feelings of comfort, and the diet adapted to the strictest principles of abstinence. When the inflammatory symptoms are severe, bleeding, in some form, is often necessary, though, when adopted, it must be in the *first stage* of the disease; and, if the lungs are the apprehended seat of the inflammation, two or more leeches, according to the age and strength of the patient, must be applied to the upper part of the chest, followed by a small blister; or the blister may be substituted for the leeches, the attendant bearing in mind, that the benefit effected by the blister can always be considerably augmented by plunging the feet into very hot water about a couple of hours after applying the blister, and keeping them there for about two minutes. And let it further be remembered, that this immersion of the feet in hot water may be adopted at any time or stage of the disease; and that, whenever the *head* or *lungs* are oppressed, relief will *always* accrue from its sudden and brief employment. When the symptoms commence with much shivering, and the skin early assumes a hot, dry character, the appearance of the rash will be facilitated, and all the other symptoms rendered milder, if the patient is put into a warm bath, and kept in the water for about three minutes. Or, where that is not convenient, the following process, which will answer quite as well, can be substituted:—Stand the child, naked, in a tub, and, having first prepared several jugs of sufficiently warm water, empty them, in quick succession, over the patient's shoulders and body; immediately wrap in a hot blanket, and put the child to bed till it rouses from the sleep that always follows the effusion or bath. This agent, by lowering the temperature of the skin, and opening the pores, producing a natural perspiration, and unloading the congested state of the lungs, in most cases does away entirely with the necessity both for leeches and a blister. Whether any of these external means have been employed or not, the first internal remedies should commence with a series of aperient powders and a saline mixture, as prescribed in the following formularies; at the same time, as a beverage to quench the thirst, let a quantity of barley-water be made, slightly acidulated by the juice of an orange, and partially sweetened by some sugarcandy; and of this, when properly made and cold, let the patient drink as often as thirst, or the dryness of the mouth, renders it necessary.

Aperient Powders.—Take of scammony and jalap, each 24 grains; grey powder and powdered antimony, each 18 grains. Mix and divide into 12 powders, if for a child between two and four years of age; into 8 powders, if for a child between four and eight years of age; and into 6 powders for between eight and twelve years. One powder to be given, in a little jelly or sugar-and-water, every three or four hours, according to the severity of the symptoms.

Saline Mixture.—Take of mint-water, 6 oz.; powdered nitre, 20 grains; antimonial wine, 3 drachms; spirits of nitre, 2 drachms; syrup of saffron, 2 drachms. Mix. To children under three years, give a teaspoonful every two hours; from that age to six, a dessert-spoonful at the same times;

and a tablespoonful every three or four hours to children between six and twelve.

The object of these aperient powders is to keep up a steady but gentle action on the bowels; but, whenever it seems necessary to administer a stronger dose, and effect a brisk action on the digestive organs,—a course particularly imperative towards the close of the disease,—two of these powders given at once, according to the age, will be found to produce that effect; that is, two of the twelve for a child under four years, and two of the eight, and two of the six, according to the age of the patient.

When the difficulty of breathing becomes oppressive, as it generally does towards night, a hot bran poultice laid on the chest will be always found highly beneficial. The diet throughout must be light, and consist of farinaceous food, such as rice and sago puddings, beef-tea, and toast; and not till convalescence sets in should hard or animal food be given.

When measles assume the malignant form, the advice just given must be broken through; food of a nutritious and stimulating character should be at once substituted, and administered in conjunction with wine, and even spirits, and the disease regarded and treated as a case of typhus. But, as this form of measles is not frequent, and, if occurring, hardly likely to be treated without assistance, it is unnecessary to enter on the minutiæ of its practice here. What we have prescribed, in almost all cases, will be found sufficient to meet every emergency, without resorting to a multiplicity of agents.

The great point to remember in measles is, not to give up the treatment with the apparent subsidence of the disease, as the *after-consequences* of measles are too often *more serious*, and to be more dreaded, than the measles themselves. To guard against this danger, and thoroughly purify the system, after the subsidence of all the symptoms of the disease, a corrective course of medicine, and a regimen of exercise, should be adopted for some weeks after the cure of the disease. To effect this, an active aperient powder should be given every three or four days, with a daily dose of the subjoined tonic mixture, with as much exercise, by walking, running after a hoop, or other bodily exertion, as the strength of the child and the state of the atmosphere will admit, the patient being, wherever possible, removed to a purer air as soon as convalescence warrants the change.

Tonic Mixture.—Take of infusion of rose-leaves 6 oz., quinine 8 grains, diluted sulphuric acid 15 drops. Mix. *Dose:* from half a teaspoonful up to a dessert-spoonful, once a day, according to the age of the patient.

MEAT.

When meat is slightly tainted, but not badly enough to be rejected as an article of food, the taint may be removed by covering it for an hour or two with common charcoal, or by putting a few pieces of charcoal into the water in which it is to be boiled.

MEAT, FROZEN.

Whenever a joint of meat is frozen,—and in very severe weather it is hardly possible to prevent this, set it for some time in a warm kitchen, or at some distance from the fire, that it may thaw gradually, before any attempt is made to cook it. If frozen badly, it may be set in warm water before the fire for some time. Frozen meat will never boil, much less roast properly. The outside will be cooked, but the inside will be raw. The quality of the meat is destroyed by freezing. Never use frozen pork for bacon or hams.

MEAT, TO KEEP A LONG TIME.

Meat, especially some joints of mutton, may be hung up in cold, dry weather for a long while, and be much improved by it. The joints so hung up should be wiped occasionally, and the outside pared when they are intended to be cooked. In a general way, meat is sufficiently tender, and has its best

flavour on the third or fourth day after killing. It may so happen that, from difficulty of supply and other causes, it may be necessary to keep meat much longer than the ordinary period. Whenever this is the case, procure a cask of treacle, wipe the joints thoroughly dry with a clean cloth, and sink them into the treacle, covering them closely over with it; or, take a clean cask, recently charred; mix together one handful each of flower of sulphur and iron-filings, and strew them on the bottom of it; then pour into it a sufficient quantity of boiling water to cover all the meat intended to be put in, and float a thin layer of salad-oil over the top of it. Let the water cool, suspend the joints in it so as to be entirely surrounded by the water; cover the cask over. When the meat is required for cooking, wash it first in clean water.

MEAT, TO KEEP IN THE SUMMER TIME.

To avoid bad meat in the summer time, it is generally dressed so fresh as to be quite hard and tough. If, however, a joint of meat be dipped in a solution of chloride of lime, it may be hung up, even in the height of summer, till it is perfectly tender, and without any fear of flies. It will, of course, require to be well washed in cold water before cooking.

MEAT, TO MAKE A FRESH-KILLED JOINT TENDER.

Whenever it is necessary to cook a joint of meat so freshly killed that we may be quite sure that it cannot be tender, it is a most excellent plan, if there be time to do so, to wrap up the joint in a coarse cloth, and let it stand for several hours on the hearth, or at the side of the fire, before it is put down to roast.

MEAT, TO PRESERVE.

Place a little creosote in a small plate, immediately under the piece of meat, as it hangs in the safe or larder, and cover both the plate and meat with a piece of cloth. The creosote will form an atmosphere round the meat which will keep it three or four days longer than otherwise; and when creosote is used in this way, it does not impart the slightest smell or taste to the meat. One great advantage of the use of creosote is that it frees the larder from flies.

MEAT TAINTED FROM DAMP.

When meat has been hung in a damp place, and has become mouldy, and what is usually termed faint, it may be quite restored by being pared where necessary, and washed all over with vinegar-and-water before cooking.

MEDICINE.

Much difficulty is frequently experienced in families who have many useful remedies at hand, as to the quantity of any medicine to be administered in reference to the age of the patient. We doubt not that the following general rules and proportions will be found very useful; at the same time, it must be remarked that all violent remedies, as calomel, &c., cannot be safely submitted to such rules, but should be administered under the direction of some competent medical man. Of simple remedies, a boy or girl of fourteen years will require about two-thirds of the quantity proper for a grown-up person; a child of seven years, one-half the quantity; of three years, one-fourth; and of one year, one-eighth. As regards the proportion of quantities, which are so variously stated in prescriptions, it may be observed, that 60 drops are equal to a teaspoonful; 2 teaspoonfuls, are equal to 1 dessertspoonful; 2 dessertspoonfuls, or 4 teaspoonfuls, are equal to a tablespoonful; 1 drachm is equal to a teaspoonful; 2 drachms to a dessertspoonful; ½ oz. is equal to a tablespoonful; and so on, in proportion.

MELINE, a Useful Cosmetic in cases where the Skin is given to Dryness and Cracking.

Ingredients: 2 oz. of spermaceti, 2 oz.

of oil of almonds, 1 tablespoonful of fine honey.—*Mode:* Bruise the spermaceti, and melt it in the oil in a pipkin. When well mixed and a little cool, stir in the honey. Wash the skin well on going to bed, and rub in the meline.

MERCURIAL LINIMENT.

Ingredients: 1 oz. of camphor, 4 oz. of lard, 4 oz. of strong mercurial ointment, 4 oz. of liquor of ammonia, alcohol.—*Mode:* Reduce the camphor to a powder by using a little alcohol; then mix in the other ingredients.

MERCURIAL OINTMENT, MILD.

Ingredients: 1 oz. of quicksilver, 2 oz. of suet, 5 oz. of lard.—*Mode:* Thoroughly mix the ingredients by rubbing them well together in a mortar. This ointment is used for killing lice.

MICE, TO GET RID OF.

Bruise some of the common cynoglossum, or hound's-tongue, and strew it about the places infested with mice, and they will soon disappear.

MIDGES.

These terrible pests cannot endure the smell of turpentine. Soak a piece of rag in spirits of turpentine, and pin it to your dress, and you will be saved all annoyance from them; or make an ointment with lard scented with turpentine, and smear the face and hands with it.

MILDEW.

All linen articles, from being put by damp, and other causes, are liable to mildew. When this occurs, mix soft soap with powdered starch, half as much salt, and the juice of a lemon. Apply this to the spots on both sides with a painter's brush, and leave the articles exposed to sun and air till the mildew disappears. Fine-powdered chalk and yellow soap will answer the same purpose if well rubbed in.

MILK.

The food of the cow has a very great influence on the flavour of the milk. When cows are fed on turnips, and especially turnip-tops and old roots, a most unpleasant flavour is imparted. This may be wholly removed by milking the cow on a small piece of saltpetre. It will not do merely to mix saltpetre with the milk: a small piece, about the size of a walnut, must be put into a two-gallon pail, and the cow milked on it.

Another Recipe.—It is very difficult to keep milk sweet in the hot summer months. The best plan is to scald it gently soon after it is milked, taking care that it does not boil. All new milk in Devonshire, whether for butter or to be used in tea or coffee, &c., is scalded at once, and set to cool in the iron dish or pan in which it is scalded.

MILK OF ROSES, an Invaluable Wash for Sunburns, Freckles, &c.

Ingredients: 2 ounces of blanched almonds, 12 ounces of rosewater, 2 drachms of white Windsor soap, 2 drachms of white wax, 2 drachms of oil of almonds, 3 ounces of rectified spirits, 1 drachm of oil of bergamot, 15 drops of oil of lavender, 8 drops of attar of roses.—*Mode:* Beat the almond to a fine paste in a mortar, then add the rose-water gradually, so as to make an emulsion. Have ready the soap, white wax, and oil reduced to a liquid in a covered jar near the fire. Work the mixture gradually into the mortar with the emulsion; strain the whole through a fine muslin, and add the essential oils, which should previously have been dropped into the spirit.

Another Recipe, not so expensive.—*Ingredients:* 1 oz. of blanched almonds, 5 oz. of rose-water, 1 oz. of spirits of wine, ¼ drachm of Venetian soap, 2 drops of attar of roses.—*Mode:* Beat the almond in a mortar to a paste, then the soap in the same way, and mix them, adding the rose-water and spirit.

Strain through fine muslin, and add the scent.

This recipe is not so good as the former, bnt it is far better than the common milk of roses sold at shops, which often contains deleterious ingredients.

MILK PUNCH FOR IMMEDIATE USE.

Ingredients: 2 lemons, ½ lb. of loaf sugar, 2½ quarts of new milk, the yolks of three new-laid eggs, 1 pint of rum, and ½ pint of brandy.—*Mode:* Rub well the lumps of sugar over the rinds of the lemon, and afterwards put the sugar into a saucepan with two quarts of milk. Let it simmer for ten minutes; have ready the yolks of the eggs beaten up in the remainder of the milk; remove the saucepan from the fire, stir in the eggs, and also, by degrees, the rum and brandy. Hold it again over the fire, stirring it till the punch begins to froth; then remove it and drink it hot. Punch so made will not keep.

MILK PUNCH, TO KEEP.

Ingredients: 6 Seville oranges, 6 lemons, 1 gallon of old rum, 6 quarts of boiled water, 3 lb. of loaf sugar, the whites and shells of two eggs, and ½ pint of warm milk.—*Mode:* Pare the peels of both oranges and lemons as thin as possible, put them into a tub or pan, and pour the rum over them; cover the vessel up, and leave it twenty-four hours. Boil the 6 quarts of water, and, when cold, add it to the rum, which must be strained away from the peels. Meanwhile boil the sugar in a small quantity of water to a syrup, heat it to a froth with the eggs and egg-shells; let these boil again, and then strain. When cold, stir this syrup into the clear juice of the oranges and lemons, and add all to the rum-and-water, stirring all the time. Make the milk quite hot, but do not let it boil; leave it for a time, and, when half cold, stir it thoroughly into the rest of the ingredients. Pour all into a cask or stone bottle, cork it well, leave it for six months, and then bottle it in wine-bottles. Milk punch so made will keep any length of time.

MINT JULEP, an American Drink.

Ingredients: 1 Lisbon orange, 1 spoonful of sugar, 1 sprig of fresh mint, ice in shavings, 1 glass of sherry, 1 glass of gin.—*Mode:* Put the thinly-pared rind of half and the clear juice of the whole lemon, with the sugar and mint, into a large tumbler; fill up with ice, and add in the sherry and gin. Drink it through a straw or not, as preferred.

MISTRESS, THE.

As with the commander of an army, or the leader of any enterprise, so is it with the mistress of a house. Her spirit will be seen through the whole establishment; and just in proportion as she performs her duties intelligently and thoroughly, so will her domestics follow in her path. Of all those acquirements which more particularly belong to the feminine character, there are none which take a higher rank, in our estimation, than such as enter into a knowledge of household duties; for on these are perpetually dependent the happiness, comfort, and well-being of a family. In this opinion we are borne out by the author of "The Vicar of Wakefield," who says: "The modest virgin, the prudent wife, and the careful matron, are much more serviceable in life than petticoated philosophers, blustering heroines, or virago queens. She who makes her husband and her children happy, who reclaims the one from vice and trains up the others to virtue, is a much greater character than ladies described in romances, whose whole occupation is to murder mankind with shafts from their quiver, or their eyes."

Pursuing this picture, we may add, that to be a good housewife does not necessarily imply an abandonment of proper pleasures or amusing recreation; and we think it the more necessary to express this, as the performance

of the duties of a mistress may, to some minds, perhaps, seem to be incompatible with the enjoyment of life. Let us, however, now proceed to describe some of those home qualities and virtues which are necessary to the proper management of a household, and then point out the plan which may be most profitably pursued for the daily regulation of its affairs.

Early rising is one of the most essential qualities which enter into good household management, as it is not only the parent of health, but of innumerable other advantages. Indeed, when a mistress is an early riser, it is almost certain that her house will be orderly and well-managed. On the contrary, if she remain in bed till a late hour, then the domestics, who, as we have before observed, invariably partake somewhat of their mistress's character, will surely become sluggards. To self-indulgence all are more or less disposed, and it is not to be expected that servants are more free from this fault than the heads of houses. The great Lord Chatham thus gave his advice in reference to this subject :—"I would have inscribed on the curtains of your bed, and the walls of your chamber, 'If you do not rise early, you can make progress in nothing.'"

Cleanliness is also indispensable to health, and must be studied both in regard to the person and the house, and all that it contains. Cold or tepid baths should be employed every morning, unless, on account of illness or other circumstances, they should be deemed objectionable. The bathing of *children* is too generally admitted to need further remarks.

Frugality and economy are home virtues, without which no household can prosper. Dr. Johnson says: "Frugality may be termed the daughter of Prudence, the sister of Temperance, and the parent of Liberty. He that is extravagant will quickly become poor, and poverty will enforce dependence and invite corruption." The necessity of practising economy should be evident to every one, whether in the possession of an income no more than sufficient for a family's requirements, or of a large fortune, which puts financial adversity out of the question. We must always remember that it is a great merit in housekeeping to manage a little well. "He is a good waggoner," says Bishop Hall, "that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little, than how to make it more." In this there is true wisdom, and it may be added, that those who can manage a little well, are most likely to succeed in their management of larger matters. Economy and frugality must never, however, be allowed to degenerate into parsimony and meanness.

The choice of acquaintances is very important to the happiness of a mistress and her family. A gossiping acquaintance, who indulges in the scandal and ridicule of her neighbours, should be avoided as a pestilence. It is likewise all-necessary to beware, as Thomson sings,

> "The whisper'd tale,
> That, like the fabling Nile, no fountain knows;—
> Fair-faced Deceit, whose wily, conscious eye
> Ne'er looks direct; the tongue that licks the dust,
> But, when it safely dares, as prompt to sting."

If the duties of a family do not sufficiently occupy the time of a mistress, society should be formed of such a kind as will tend to the mutual interchange of general and interesting information.

Friendships should not be hastily formed, nor the heart given, at once, to every new-comer. There are ladies who uniformly smile at and approve everything and everybody, and who possess neither the courage to reprehend vice, nor the generous warmth to defend virtue. The friendship of such persons is without attachment, and

their love without affection or even preference. They imagine that every one who has any penetration is ill-natured, and look coldly on a discriminating judgment. It should be remembered, however, that this discernment does not always proceed from an uncharitable temper, but that those who possess a long experience and thorough knowledge of the world, scrutinize the conduct and dispositions of people before they trust themselves to the first fair appearances. Addison, who was not deficient in a knowledge of mankind, observes that "a friendship which makes the least noise is very often the most useful; for which reason, I should prefer a prudent friend to a zealous one." And Joanna Baillie tells us that

> "Friendship is no plant of hasty growth;
> Though planted in esteem's deep-fixed soil,
> The gradual culture of kind intercourse
> Must bring it to perfection."

Hospitality is a most excellent virtue; but care must be taken that the love of company, for its own sake, does not become a prevailing passion; for then the habit is no longer hospitality, but dissipation. Reality and truthfulness in this, as in all other duties of life, are the points to be studied; for, as Washington Irving well says, "There is an emanation from the heart in genuine hospitality, which cannot be described, but is immediately felt, and puts the stranger at once at his ease." With respect to the continuance of friendships, however, it may be found necessary, in some cases, for a mistress to relinquish, on assuming the responsibility of a household, many of those commenced in the earlier part of her life. This will be the more requisite, if the number still retained be quite equal to her means and opportunities.

In conversation, trifling occurrences, such as small disappointments, petty annoyances, and other every-day incidents, should never be mentioned to your

friends. The extreme injudiciousness of repeating these will be at once apparent, when we reflect on the unsatisfactory discussions which they too frequently occasion, and on the load of advice which they are the cause of being tendered, and which is, too often, of a kind neither to be useful nor agreeable. Greater events, whether of joy or sorrow, should be communicated to friends; and on such occasions, their sympathy gratifies and comforts. If the mistress be a wife, never let an account of her husband's failings pass her lips; and in cultivating the power of conversation, she should keep the versified advice of Cowper continually in her memory, that it

> "Should flow like water after summer showers,
> Not as if raised by mere mechanic powers."

In reference to its style, Dr. Johnson, who was himself greatly distinguished for his colloquial abilities, says that "no style is more extensively acceptable than the narrative, because this does not carry an air of superiority over the rest of the company; and therefore is most likely to please them. For this purpose we should store our memory with short anecdotes and entertaining pieces of history. Almost every one listens with eagerness to extemporary history. Vanity often co-operates with curiosity; for he that it a hearer in one place wishes to qualify himself to be a principal speaker in some inferior company; and therefore more attention is given to narrations than anything else in conversation. It is true, indeed, that sallies of wit and quick replies are very pleasing in conversation; but they frequently tend to raise envy in some of the company; narrative, however, neither raises this nor any other evil passion, but keeps all the company nearly upon an equality, and, if judiciously managed, will at once entertain and improve them all."

Good temper should be cultivated by every mistress, as upon it the welfare

of the household may be said to turn; indeed, its influence can hardly be over-estimated, as it has the effect of moulding the characters of those around her, and of acting most beneficially on the happiness of the domestic circle. Every head of a household should strive to be cheerful, and should never fail to show a deep interest in all that appertains to the well-being of those who claim the protection of her roof. Gentleness, not partial and temporary, but universal and regular, should pervade her conduct; for where such a spirit is habitually manifested, it not only delights her children, but makes her domestics attentive and respectful; her visitors are also pleased by it, and their happiness is increased.

On the important subject of dress and fashion we cannot do better than quote an opinion from the eighth volume of *The Englishwoman's Domestic Magazine.* The writer there says, "Let people write, talk, lecture, satirize, as they may, it cannot be denied that whatever is the prevailing mode in attire, let it intrinsically be ever so absurd, it will never *look* as ridiculous as another, or as any other, which, however convenient, comfortable, or even becoming, is totally opposite in style to that generally worn."

In purchasing articles of wearing apparel, whether it be a silk dress, a bonnet, shawl, or riband, it is well for the buyer to consider three things: I. That it be not too expensive for her purse. II. That its colour harmonize with her complexion, and its size and pattern with her figure. III. That its tint allow of its being worn with the other garments she possesses. The quaint Fuller observes, that the good wife is none of our dainty dames, who love to appear in a variety of suits every day new, as if a gown, like a stratagem in war, were to be used but once. But our good wife sets up a sail according to the keel of her husband's estate; and, if of high parentage, she doth not so remember what she was by birth, that she forgets what she is by match.

To *Brunettes*, or those ladies having dark complexions, silks of a grave hue are adapted. For *Blondes*, or those having fair complexions, lighter colours are preferable, as the richer, deeper hues are too overpowering for the latter. The colours which go best together are green with violet; gold-colour with dark crimson or lilac; pale blue with scarlet; pink with black or white; and grey with scarlet or pink. A cold colour generally requires a warm tint to give life to it. Grey and pale blue, for instance, do not combine well, both being cold colours.

The dress of the mistress should always be adapted to her circumstances, and be varied with different occasions. Thus, at breakfast she should be attired in a very neat and simple manner, wearing no ornaments. If this dress should decidedly pertain only to the breakfast-hour, and be specially suited for such domestic occupations as usually follow that meal, then it would be well to exchange it before the time for receiving visitors, if the mistress be in the habit of doing so. It is still to be remembered, however, that, in changing the dress, jewellery and ornaments are not to be worn until the full dress for dinner is assumed. Further information and hints on the subject of the toilet will be found under the article "Lady's-maid."

The advice of Polonius to his son Laertes, in Shakespeare's tragedy of "Hamlet," is most excellent; and although given to one of the male sex, will equally apply to a "fayre ladye"—

"Costly thy habit as thy purse can buy,
But not express'd in fancy; rich, not gaudy;
For the apparel oft proclaims the man."

Charity and benevolence are duties which a mistress owes to herself as well as to her fellow-creatures; and there is scarcely any income so small, but something may be spared from it, even if it be but "the widow's mite." It is to be always remembered, how-

ever, that it is the *spirit* of charity which imparts to the gift a value far beyond its actual amount, and is by far its better part.

"True Charity, a plant divinely nursed,
Fed by the love from which it rose at first,
Thrives against hope, and, in the rudest scene,
Storms but enliven its unfading green;
Exub'rant is the shadow it supplies,
Its fruit on earth, its growth above skies."

Visiting the houses of the poor is the only practical way really to understand the actual state of each family; and although there may be difficulties in following out this plan in the metropolis and other large cities, yet in country towns and rural districts these objections do not obtain. Great advantages may result from visits paid to the poor; for there being, unfortunately, much ignorance, generally, amongst them with respect to all household knowledge, there will be opportunities for advising and instructing them, in a pleasant and unobtrusive manner, in cleanliness, industry, cookery, and good management.

In marketing, that the best articles are the cheapest, may be laid down as a rule; and it is desirable, unless an experienced and confidential housekeeper be kept, that the mistress should herself purchase all provisions and stores needed for the house. If the mistress be a young wife, and not accustomed to order "things for the house," a little practice and experience will soon teach her who are the best tradespeople to deal with, and what are the best provisions to buy. Under each particular head of fish, meat, poultry, game, &c., will be described the proper means of ascertaining the quality of these comestibles.

A housekeeping account-book should invariably be kept, and kept punctually and precisely. The plan for keeping household accounts, which we should recommend, would be to make an entry, that is, write down into a daily diary every amount paid on that particular day, be it ever so small; then, at the end of the month, let these various payments be ranged under their specific heads of butcher, baker, &c.; and thus will be seen the proportions paid to each tradesman, and any one month's expenses may be contrasted with another. The housekeeping accounts should be balanced not less than once a month; so that you may see that the money you have in hand tallies with your account of it in your diary. Judge Haliburton never wrote truer words than when he said, "No man is rich whose expenditure exceeds his means, and no one is poor whose incomings exceed his outgoings."

When, in a large establishment, a housekeeper is kept, it will be advisable for the mistress to examine her accounts regularly. Then any increase of expenditure which may be apparent, can easily be explained, and the housekeeper will have the satisfaction of knowing whether her efforts to manage her department well and economically have been successful.

Engaging domestics is one of those duties in which the judgment of the mistress must be keenly exercised. There are some respectable registry-offices where good servants may sometimes be hired; but the plan rather to be recommended is for the mistress to make inquiry amongst her circle of friends and acquaintances, and her tradespeople. The latter generally know those in her neighbourhood who are wanting situations, and will communicate with them, when a personal interview with some of them will enable the mistress to form some idea of the characters of the applicants, and to suit herself accordingly.

We would here point out an error—and a grave one it is—into which some mistresses fall. They do not, when engaging a servant, expressly tell her all the duties which she will be expected to perform. This is an act of omission severely to be reprehended. Every portion of work which the maid will have to do, should be plainly stated

by the mistress and understood by the servant. If this plan is not carefully adhered to, domestic contention is almost certain to ensue, and this may not be easily settled; so that a change of servants, which is so much to be deprecated, is continually occurring.

In obtaining a servant's character, it is not well to be guided by a written one from some unknown quarter; but it is better to have an interview, if at all possible, with the former mistress. By this means you will be assisted in your decision of the suitableness of the servant for your place, from the appearance of the lady and the state of her house. Negligence and want of cleanliness in her and her household generally will naturally lead you to the conclusion that her servant has suffered from the influence of the bad example.

The proper course to pursue in order to obtain a personal interview with the lady is this:—The servant in search of the situation must be desired to see her former mistress and ask her to be kind enough to appoint a time, convenient to herself, when you may call on her; this proper observance of courtesy being necessary to prevent any unseasonable intrusion on the part of a stranger. Your first questions should be relative to the honesty and general morality of her former servant; and if no objection is stated in that respect, her other qualifications are then to be ascertained. Inquiries should be very minute, so that you may avoid disappointment and trouble, by knowing the weak points of your domestic.

Mistress, the.

The treatment of servants is of the highest possible moment, as well to the mistress as to the domestics themselves. On the head of the house the latter will naturally fix their attention; and if they perceive that the mistress's conduct is regulated by high and correct principles, they will not fail to respect her. If, also, a benevolent desire is shown to promote their comfort, at the same time that a steady performance of their duty is exacted, then their respect will not be unmingled with affection, and they will be still more solicitous to continue to deserve her favour.

In giving a character, it is scarcely necessary to say that the mistress should be guided by a sense of strict justice. It is not fair for one lady to recommend to another a servant she would not keep herself. The benefit, too, to the servant herself is of small advantage; for the failings which she possesses will increase if suffered to be indulged with impunity. It is hardly necessary to remark, on the other hand, that no angry feelings on the part of a mistress towards her late servant should ever be allowed, in the slightest degree, to influence her so far as to induce her to disparage her maid's character.

The following table of the average yearly wages paid to domestics, with the various members of the household placed in the order in which they are usually ranked, will serve as a guide to regulate the expenditure of an establishment:—

	When not found in Livery.	When found in Livery.
The House Steward	From £40 to £80	—
The Valet	„ 25 to 50	From £20 to £30
The Butler	„ 25 to 50	—
The Cook	„ 20 to 40	—
The Gardener	„ 20 to 40	—
The Footman	„ 20 to 40	„ 15 to 25
The Under Butler	„ 15 to 30	„ 15 to 25
The Coachman	„ —	„ 20 to 35
The Groom	„ 15 to 30	„ 12 to 20
The Under Footman	„ —	„ 12 to 20
The Page or Footboy	„ 8 to 18	„ 6 to 14
The Stableboy	„ 6 to 12	„ —

	When no extra allowance is made for Tea, Sugar, and Beer.	When an extra allowance is made for Tea, Sugar, and Beer.
The Housekeeper	From £20 to £45	From £18 to £40
The Lady's-maid	,, 12 to 25	,, 10 to 20
The Head Nurse	,, 15 to 30	,, 13 to 26
The Cook	,, 14 to 30	,, 12 to 26
The Upper Housemaid	,, 12 to 20	,, 10 to 17
The Upper Laundry-maid	,, 12 to 18	,, 10 to 15
The Maid-of-all-work	,, 9 to 14	,, 7½ to 11
The Under Housemaid	,, 8 to 12	,, 6½ to 10
The Still-room Maid	,, 9 to 14	,, 8 to 12
The Nursemaid	,, 8 to 12	,, 5 to 10
The Under Laundry-maid	,, 9 to 14	,, 8 to 12
The Kitchen-maid	,, 9 to 14	,, 8 to 12
The Scullery-maid	,, 5 to 9	,, 4 to 8

These quotations of wages are those usually given in or near the metropolis; but, of course, there are many circumstances connected with locality, and also having reference to the long service on the one hand, or the inexperience on the other, of domestics, which may render the wages still higher or lower than those named above. All the domestics mentioned in the above table would enter into the establishment of a wealthy nobleman. The number of servants, of course, would become smaller in proportion to the lesser size of the establishment; and we may here enumerate a scale of servants suited to various incomes, commencing with—

About £1,000 a year—A cook, upper housemaid, nursemaid, under housemaid, and a man servant.

About £750 a year—A cook, housemaid, nursemaid, and footboy.

About £500 a year—A cook, housemaid, and nursemaid.

About £300 a year—A maid-of-all-work and a nursemaid.

About £200 or £150 a year—A maid-of-all-work (and girl occasionally).

Having thus indicated some of the more general duties of the mistress, relative to the moral government of her household, we will now give a few specific instructions on matters having a more practical relation to the position which she is supposed to occupy in the eyes of the world. To do this the more clearly, we will begin with her earliest duties, and take her completely through the occupations of a day.

Having risen early, as we have already advised, and having given due attention to the bath, and made a careful toilet, it will be well at once to see that the children have received their proper ablutions, and are in every way clean and comfortable. The first meal of the day, breakfast, will then be served, at which all the family should be punctually present, unless illness, or other circumstances, prevent.

After breakfast is over, it will be well for the mistress to make a round of the kitchen and other offices, to see that all are in order, and that the morning's work has been properly performed by the various domestics. The orders for the day should then be given, and any questions which the domestics desire to ask, respecting their several departments, should be answered, and any special articles they may require, handed to them from the store-closet.

In those establishments where there is a housekeeper, it will not be so necessary for the mistress, personally, to perform the above-named duties.

After the general superintendence of her servants, the mistress, if a mother of a young family, may devote herself to the instruction of some of its younger members, or to the examination of the state of their wardrobe, leaving the latter portion of the morning for read-

ing, or for some amusing recreation. "Recreation," says Bishop Hall, "is intended to be to the mind as whetting is to the scythe, to sharpen the edge of it, which would otherwise grow dull and blunt. He, therefore, that spends his whole time in recreation is ever whetting, never mowing,—his grass may grow and his steed starve; as, contrarily, he that always toils and never recreates, is ever mowing, never whetting, labouring much to little purpose. As good no scythe as no edge. Then only doth the work go forward, when the scythe is so seasonably and moderately whetted that it may cut, and so cut, that it may have the help of sharpening."

Unless the means of the mistress be very circumscribed, and she is obliged to devote a great deal of her time to the making of her children's clothes, and other economical pursuits, it is right that she should give some time to the pleasures of literature, the innocent delights of the garden, and to the improvement of any special abilities for music, painting, and other elegant arts, which she may, happily, possess.

These duties and pleasures being performed and enjoyed, the hour of luncheon will have arrived. This is a very necessary meal between an early breakfast and a late dinner, as a healthy person, with good exercise, should have a fresh supply of food once in four hours. It should be a light meal; but its solidity must, of course, be, in some degree, proportionate to the time it is intended to enable you to wait for your dinner, and the amount of exercise you take in the mean time. At this time, also, the servants' dinner will be served.

In those establishments where an early dinner is served, that will, of course, take the place of the luncheon. In many houses, where a nursery dinner is provided for the children about one o'clock, the mistress and the elder portion of the family make their luncheon at the same time from the same joint, or whatever may be provided. A mistress will arrange, according to circumstances, the serving of the meal; but the more usual plan is for the lady of the house to have the joint brought to her table, and afterwards carried to the nursery.

After luncheon, morning calls and visits may be made and received. These may be divided under three heads: those of ceremony, friendship, and congratulation or condolence. Visits of ceremony, or courtesy, which occasionally merge into those of friendship, are to be paid under various circumstances. Thus, they are uniformly required after dining at a friend's house, or after a ball, picnic, or any other party. These visits should be short, a stay of from fifteen to twenty minutes being quite sufficient. A lady paying a visit may remove her boa or neckerchief, but neither her shawl nor bonnet.

When other visitors are announced, it is well to retire as soon as possible, taking care to let it appear that their arrival is not the cause. When they are quietly seated, and the bustle of their entrance is over, rise from your chair, taking a kind leave of the hostess, and bowing politely to the guests. Should you call at an inconvenient time, not having ascertained the luncheon hour, or from any other inadvertence, retire as soon as possible, without, however, showing that you feel yourself an intruder. It is not difficult for any well-bred, or even good-tempered person, to know what to say on such an occasion, and, on politely withdrawing, a promise can be made to call again, if the lady you have called on appear really disappointed.

In paying visits of friendship, it will not be so necessary to be guided by etiquette as in paying visits of ceremony; and if a lady be pressed by her friend to remove her shawl and bonnet, it can be done if it will not interfere with her subsequent arrangements. It is, however, requisite to call at suitable times, and to avoid staying too long, if your friend is engaged. The courtesies of society should ever be maintained, even in the domestic circle, and amongst the nearest friends. During these visits, the manners should be easy and cheer-

ful, and the subjects of conversation such as may be readily terminated. Serious discussions or arguments are to be altogether avoided, and there is much danger and impropriety in expressing opinions of those persons and characters with whom, perhaps, there is but a slight acquaintance.

It is not advisable, at any time, to take favourite dogs into another lady's drawing-room, for many persons have an absolute dislike to such animals; and besides this, there is always a chance of a breakage of some article occurring, through their leaping and bounding here and there, sometimes very much to the fear and annoyance of the hostess. Her children, also, unless they are particularly well-trained and orderly, and she is on exceedingly friendly terms with the hostess, should not accompany a lady in making morning calls. Where a lady, however, pays her visits in a carriage, the children can be taken in the vehicle, and remain in it until the visit is over.

For morning calls, it is well to be neatly attired; for a costume very different to that you generally wear, or anything approaching an evening dress, will be very much out of place. As a general rule, it may be said, both in reference to this and all other occasions, it is better to be under-dressed than over-dressed.

A strict account should be kept of ceremonial visits, and notice how soon your visits have been returned. An opinion may thus be formed as to whether your frequent visits are, or are not, desirable. There are, naturally, instances when the circumstances of old age or ill-health will preclude any return of a call; but when this is the case, it must not interrupt the discharge of the duty.

In paying visits of condolence, it is to be remembered that they should be paid within a week after the event which occasions them. If the acquaintance, however, is but slight, then immediately after the family has appeared at public worship. A lady should send in her card, and if her friends be able to receive her, the visitor's manner and conversation should be subdued and in harmony with the character of her visit. Courtesy would dictate that a mourning-card should be used, and that visitors, in paying condoling visits, should be dressed in black, either silk or plain-coloured apparel. Sympathy with the affliction of the family is thus expressed, and these attentions are, in such cases, pleasing and soothing.

In all these visits, if your acquaintance or friend be not at home, a card should be left. If in a carriage, the servant will answer your inquiry and receive your card; if paying your visits on foot, give your card to the servant in the hall, but leave to go in and rest should on no account be asked. The form of words—"Not at home"—may be understood in different senses; but the only courteous way is to receive them as being perfectly true. You may imagine that the lady of the house is really at home, and that she would make an exception in your favour, or you may think that your acquaintance is not desired; but, in either case, not the slightest word is to escape you which would suggest, on your part, such an impression.

In receiving morning calls, the foregoing description of the etiquette to be observed in paying them, will be of considerable service. It is to be added, however, that the occupations of drawing, music, or reading should be suspended on the entrance of morning visitors. If a lady, however, be engaged with light needlework—and none other is appropriate in the drawing-room—it may not be, under some circumstancess, inconsistent with good-breeding to quietly continue it during conversation, particularly if the visit be protracted, or the visitors be gentlemen.

Formerly, the custom was to accompany all visitors quitting the house to the door, and there take leave of them; but modern society, which has thrown off a great deal of this kind of ceremony, now merely requires that the lady of the house should rise from her seat, shake hands, or courtesy, in ac-

cordance with the intimacy she has with her guests, and ring the bell to summon the servant to attend them and open the door. In making a first call, either upon a newly-married couple, or persons newly arrived in the neighbourhood, a lady should leave her husband's card together with her own, at the same time stating that the profession or business in which he is engaged has prevented him from having the pleasure of paying the visit with her. It is a custom with many ladies, when on the eve of an absence from their neighbourhood, to leave or send their own and husbands' cards, with the letters P. P. C. in the right-hand corner. These letters are the initials of the French words, *Pour prendre congé*, meaning, "to take leave."

The morning calls being paid or received, and the etiquette properly attended to, the next great event of the day, in most establishments, is "The Dinner;" and we only propose here to make a few general remarks on this most important topic, as, under the article "Dinner," the subject has been thoroughly considered in Beeton's "Dictionary of Cookery."

In giving or accepting an invitation for dinner, the following is the form of words generally made use of. They, however, can be varied in proportion to the intimacy or position of the hosts and guests :—

Mr. and Mrs. A—— present their compliments to Mr. and Mrs. B——, and request the honour (or hope to have the pleasure) of their company at dinner on Wednesday, the 7th of December next.

A —— Street,
November 13th, 1870.

R. S. V. P.

The letters in the corner imply, *Répondez s'il vous plaît;* meaning, "an answer will oblige." The reply, accepting the invitation, is couched in the following terms :—

Mr. and Mrs. B—— present their compliments to Mr. and Mrs. A——, and will do themselves the honour of (or will have much pleasure in) accepting their kind invitation to dinner on the 7th of December next.

B—— Square,
November 18th, 1870.

Cards, or invitations for a dinner-party, should be issued a fortnight or three weeks (sometimes even a month) beforehand, and care should be taken by the hostess, in the selection of the invited guests, that they should be suited to each other. Much also of the pleasure of a dinner-party will depend on the arrangement of the guests at table, so as to form a due admixture of talkers and listeners, the grave and the gay. If an invitation to dinner is accepted, the guests should be punctual, and the mistress ready in her drawing-room to receive them. At some periods it has been considered fashionable to come late to dinner, but lately *nous avons changé tout cela.*

The half-hour before dinner has always been considered as the great ordeal through which the mistress, in giving a dinner-party, will either pass with flying colours or lose many of her laurels. The anxiety to receive her guests,—her hope that all will be present in due time,—her trust in the skill of her cook, and the attention of the other domestics, all tend to make these few minutes a trying time. The mistress, however, must display no kind of agitation, but show her tact in suggesting light and cheerful subjects of conversation, which will be much aided by the introduction of any particular new book, curiosity of art, or article of vertu, which may pleasantly engage the attention of the company. "Waiting for dinner," however, is a trying time, and there are few who have not felt—

"How sad it is to sit and pine,
The long *half-hour* before we dine!
Upon our watches oft to look,
Then wonder at the clock and cook,
* * * * * *
And strive to laugh in spite of Fate!
But laughter forced soon quits the room,
And leaves it in its former gloom.

But lo! the dinner now appears,
The object of our hopes and fears,
The end of all our pain!"

In giving an entertainment of this kind, the mistress should remember that it is her duty to make her guests feel happy, comfortable, and quite at their ease; and the guests should also consider that they have come to the house of their hostess to be happy. Thus an opportunity is given to all for innocent enjoyment and intellectual improvement, when also acquaintances may be formed that may prove invaluable through life, and information gained that will enlarge the mind. Many celebrated men and women have been great talkers; and, amongst others, the genial Sir Walter Scott, who spoke freely to every one, and a favourite remark of whom it was, that he never did so without learning something he didn't know before.

Dinner being announced, the host offers his arm to, and places on his right hand at the dinner-table, the lady to whom he desires to pay most respect, either on account of her age, position, or from her being the greatest stranger in the party. If this lady be married, and her husband present, the latter takes the hostess to her place at table, and seats himself at her right hand. The rest of the company follow in couples, as specified by the master and mistress of the house, arranging the party according to their rank and other circumstances, which may be known to the host and hostess.

It will be found of great assistance to the placing of a party at the dinner-table, to have the names of the guests neatly (and correctly) written on small cards, and placed at that part of the table where it is desired they should sit. With respect to the number of guests, it has often been said that a private dinner-party should consist of not less than the number of the Graces, or more than that of the Muses. A party of ten or twelve is, perhaps, in a general way, sufficient to enjoy themselves and be enjoyed. White kid gloves are worn by ladies at dinner-parties, but should be taken off before the business of dining commences.

The guests being seated at the dinner-table, the lady begins to help the soup, which is handed round, commencing with the gentlemen on her right and on her left, and continuing in the same order till all are served. It is generally established as a rule, not to ask for soup or fish twice, as, in so doing, part of the company may be kept waiting too long for the second course, when, perhaps, a little revenge is taken by looking at the awkward consumer of a second portion. This rule, however, may, under various circumstances, not be considered as binding.

It is not usual, where taking wine is *en règle*, for a gentleman to ask a lady to take wine until the fish or soup is finished, and then the gentleman honoured by sitting on the right of the hostess may politely inquire if she will do him the honour of taking wine with him. This will act as a signal to the rest of the company, the gentleman of the house most probably requesting the same pleasure of the ladies at his right and left. At most tables, however, the custom or fashion of drinking wine in this manner is abolished, and the servant fills the glasses of the guests with the various wines suited to the course which is in progress.

When dinner is finished the dessert is placed on the table, accompanied with finger-glasses. It is the custom of some gentlemen to wet a corner of the napkin; but the hostess, whose behaviour will set the tone to all the ladies present, will merely wet the tips of her fingers, which will serve all the purposes required. The French and other continentals have a habit of gargling the mouth; but it is a custom which no English gentlewoman should, in the slightest degree, imitate.

When fruit has been taken, and a glass or two of wine passed round, the time will have arrived when the hostess will rise, and thus give the signal for the ladies to leave the gentlemen, and retire to the drawing-room. The gen-

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tlemen of the party will rise at the same time, and he who is nearest the door will open it for the ladies, all remaining courteously standing until the last lady has withdrawn. Dr. Johnson has a curious paragraph on the effects of a dinner on men. "Before dinner," he says, "men meet with great inequality of understanding; and those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine, every man feels himself happy, and loses that modesty, and grows impudent and vociferous; but he is not improved, he is only not sensible of his defects." This is rather severe, but there may be truth in it.

In former times, when the bottle circulated freely amongst the guests, it was necessary for the ladies to retire earlier than they do at present, for the gentlemen of the company soon became unfit to conduct themselves with that decorum which is essential in the presence of ladies. Thanks, however, to the improvements in modern society, and the high example shown to the nation by its most illustrious personages, temperance is, in these happy days, a striking feature in the character of a gentleman. Delicacy of conduct towards the female sex has increased with the esteem in which they are now universally held, and thus the very early withdrawing of the ladies from the dining-room is to be deprecated. A lull in the conversation will seasonably indicate the moment for the ladies' departure.

After-dinner invitations may be given; by which we wish to be understood, invitations for the evening. The time of the arrival of these visitors will vary according to their engagements, or sometimes will be varied in obedience to the caprices of fashion. Guests invited for the evening are, however, generally considered at liberty to arrive whenever it will best suit themselves,—usually between nine and twelve, unless earlier hours are specifically named. By this arrangement, many fashionable people and others who have numerous engagements to fulfil, often contrive to make their appearance at two or three parties in the course of one evening.

The etiquette of the dinner-party table being disposed of, let us now enter slightly into that of an evening party or ball. The invitations issued and accepted for either of these will be written in the same style as those already described for a dinner-party. They should be sent out *at least* three weeks before the day fixed for the event, and should be replied to within a week of their receipt. By attending to these courtesies, the guests will have time to consider their engagements and prepare their dresses, and the hostess will, also, know what will be the number of her party.

If the entertainment is to be simply an evening party, this must be specified on the card or note of invitation. Short or verbal invitations, except where persons are exceedingly intimate, or are very near relations, are very far from proper, although, of course, in this respect and in many other respects, very much always depends on the manner in which the invitation is given. True politeness, however, should be studied even amongst the nearest friends and relations; for the mechanical forms of good breeding are of great consequence, and too much familiarity may have, for its effect, the destruction of friendship.

As the ladies and gentlemen arrive, each should be shown to a room exclusively provided for their reception; and in that set apart for the ladies, attendants should be in waiting to assist in uncloaking, and helping to arrange the hair and toilet of those who require it. It will be found convenient, in those cases where the number of guests is large, to provide numbered tickets, so that they can be attached to the cloaks and shawls of each lady, a duplicate of which should be handed to the guest. Coffee is sometimes provided in this, or an ante-room, for those who would like to partake of it.

As the visitors are announced by the servant, it is not necessary for the lady

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of the house to advance each time towards the door, but merely to rise from her seat to receive their courtesies and congratulations. If, indeed, the hostess wishes to show particular favour to some peculiarly honoured guests, she may introduce them to others, whose acquaintance she may imagine will be especially suitable and agreeable. It is very often the practice of the master of the house to introduce one gentleman to another, but occasionally the lady performs this office; when it will, of course, be polite for the persons thus introduced to take their seats together for the time being.

The custom of non-introduction is very much in vogue in many houses, and guests are thus left to discover for themselves the position and qualities of the people around them. The servant, indeed, calls out the names of all the visitors as they arrive, but, in many instances, mispronounces them; so that it will not be well to follow this information, as if it were an unerring guide. In our opinion, it is a cheerless and depressing custom, although, in thus speaking, we do not allude to the large assemblies of the aristocracy, but to the smaller parties of the middle classes.

A separate room or convenient buffet should be appropriated for refreshments, and to which the dancers may retire; and cakes and biscuits, with wine, negus, lemonade, and ices, handed round. A supper is also mostly provided at the private parties of the middle classes; and this requires, on the part of the hostess, a great deal of attention and supervision. It usually takes place between the first and second parts of the programme of the dances, of which there should be several prettily written or printed copies distributed about the ball-room.

In private parties, a lady is not to refuse the invitation of a gentleman to dance, unless she be previously engaged. The hostess must be supposed to have asked to her house only those persons whom she knows to be perfectly respectable and of unblemished character, as well as pretty equal in position; and thus, to decline the offer of any gentleman present, would be a tacit reflection on the master and mistress of the house. It may be mentioned here, more especially for the young who will read this book, that introductions at balls or evening parties cease with the occasion that calls them forth, no introduction, at these times, giving a gentleman a right to address a lady afterwards. She is consequently free, next morning, to pass her partner at a ball of the previous evening without the slightest recognition.

The ball is generally opened, that is, the first place in the first quadrille is occupied, by the lady of the house. When anything prevents this, the host will usually lead off the dance with the lady who is either the highest in rank or the greatest stranger. It will be well for the hostess, even if she be very partial to the amusement, and a graceful dancer, not to participate in it to any great extent, lest her lady guests should have occasion to complain of her monopoly of the gentlemen, and other causes of neglect. A few dances will suffice to show her interest in the entertainment, without unduly trenching on the attention due to her guests. In all its parts a ball should be perfect,—

> "The music, and the banquet, and the wine;
> The garlands, the rose-odours, and the flowers."

The hostess or host, during the progress of a ball, will courteously accost and chat with their friends, and take care that the ladies are furnished with seats, and that those who wish to dance are provided with partners. A gentle hint from the hostess, conveyed in a quiet ladylike manner, that certain ladies have remained unengaged during several dances, is sure not to be neglected by any gentleman. Thus will be studied the comfort and enjoyment of the guests, and no lady, in leaving the house, will be able to feel the chagrin and disappointment of not having been invited to "stand up" in

a dance during the whole of the evening.

When any of the carriages of the guests are announced, or the time for their departure arrived, they should make a slight intimation to the hostess, without, however, exciting any observation, that they are about to depart. If this cannot be done, however, without creating too much bustle, it will be better for the visitors to retire quietly without taking their leave. During the course of the week, the hostess will expect to receive from every guest a call, where it is possible, or cards expressing the gratification experienced from her entertainment. This attention is due to every lady for the pains and trouble she has been at, and tends to promote social, kindly feelings.

Having thus discoursed of parties of pleasure, it will be an interesting change to return to the more domestic business of the house, although all the details we have been giving of dinner-parties, balls, and the like, appertain to the department of the mistress. Without a knowledge of the etiquette to be observed on these occasions, a mistress would be unable to enjoy and appreciate those friendly pleasant meetings which give, as it were, a fillip to life, and make the quiet happy home of an English gentlewoman appear the more delightful and enjoyable. All that is necessary to be known respecting the dishes and appearance of the breakfast, dinner, tea, and supper tables, is fully set forth in Beeton's "Dictionary of Cookery."

A family dinner at home, compared with either giving or going to a dinner-party, is, of course, of much more frequent occurrence, and many will say, of much greater importance. Both, however, have to be considered with a view to their nicety and enjoyment, and the latter more particularly with reference to economy. These points have been especially noted in the "Dictionary of Cookery." Here we will only say, that for both mistress and servants, as well in large as small households, it will be found by far the better plan to cook and serve the dinner, and to lay the tablecloth and the sideboard, with the same cleanliness, neatness, and scrupulous exactness, whether it be for the mistress herself alone, a small family, or for "company." If this rule be strictly adhered to, all will find themselves increase in managing skill; whilst a knowledge of their daily duties will become familiar, and enable them to meet difficult occasions with ease, and overcome any amount of obstacles.

Of the manner of passing evenings at home, there is none pleasanter than in such recreative enjoyments as those which relax the mind from its severer duties, whilst they stimulate it with a gentle delight. Where there are young people forming a part of the evening circle, interesting and agreeable pastime should especially be promoted. It is of incalculable benefit to them that their homes should possess all the attractions of healthful amusement, comfort, and happiness; for if they do not find pleasure there, they will seek it elsewhere. It ought, therefore, to enter into the domestic policy of every parent, to make her children feel that home is the happiest place in the world; that to imbue them with this delicious home-feeling is one of the choicest gifts a parent can bestow.

Light or fancy needlework often forms a portion of the evening's recreation for the ladies of the household, and this may be varied by an occasional game at chess or backgammon. It has often been remarked, too, that nothing is more delightful to the feminine members of a family than the reading aloud of some good standard work or amusing publication. A knowledge of polite literature may be thus obtained by the whole family, especially if the reader is able and willing to explain the more difficult passages of the book, and expatiate on the wisdom and beauties it may contain. This plan, in a great measure, realizes the advice of Lord Bacon, who says, "Read not to contradict and refute, nor to believe and take for

granted, nor to find talk and discourse, but to weigh and consider."

In retiring for the night, it is well to remember that early rising is almost impossible, if late going to bed be the order, or rather disorder, of the house. The younger members of a family should go early and at regular hours to their beds, and the domestics as soon as possible after a reasonably appointed hour. Either the master or the mistress of a house should, after all have gone to their separate rooms, see that all is right with respect to the lights and fires below; and no servants should, on any account, be allowed to remain up after the heads of the house have retired.

Having thus gone from early rising to early retiring, there remain only now to be considered a few special positions respecting which the mistress of the house will be glad to receive some specific information.

When a mistress takes a house in a new locality, it will be etiquette for her to wait until the older inhabitants of the neighbourhood call upon her; thus evincing a desire, on their part, to become acquainted with the new comer. It may be, that the mistress will desire an intimate acquaintance with but few of her neighbours; but it is to be specially borne in mind that all visits, whether of ceremony, friendship, or condolence, should be punctiliously returned.

You may perhaps have been favoured with letters of introduction from some of your friends, to persons living in the neighbourhood to which you have just come. In this case inclose the letter of introduction in an envelope with your card. Then, if the person, to whom it is addressed, calls in the course of a few days, the visit should be returned by you within the week, if possible. Any breach of etiquette, in this respect, will not readily be excused.

In the event of your being invited to dinner under the above circumstances, nothing but necessity should prevent you from accepting the invitation. If, however, there is some distinct reason why you cannot accept, let it be stated frankly and plainly, for politeness and truthfulness should be ever allied. An opportunity should also be taken to call in the course of a day or two, in order to politely express your regret and disappointment at not having been able to avail yourself of their kindness.

In giving a letter of introduction, it should always be handed to your friend unsealed. Courtesy dictates this, as the person whom you are introducing would, perhaps, wish to know in what manner he or she was spoken of. Should you *receive* a letter from a friend, introducing to you any person known to and esteemed by the writer, the letter should be immediately acknowledged, and your willingness expressed to do all in your power to carry out his or her wishes.

Such are the onerous duties which enter into the position of the mistress of a house, and such are, happily, with a slight but continued attention, of by no means difficult performance. She ought always to remember that she is the first and the last, the Alpha and the Omega in the government of her establishment; and that it is by her conduct that its whole internal policy is regulated. She is, therefore, a person of far more importance in a community than she usually thinks she is. On her pattern her daughters model themselves; by her counsels they are directed; through her virtues all are honoured;—"her children rise up and call her blessed; her husband, also, and he praiseth her." Therefore, let each mistress always remember her responsible position, never approving a mean action, nor speaking an unrefined word. Let her conduct be such that her inferiors may respect her, and such as an honourable and right-minded man may look for in his wife and the mother of his children. Let her think of the many compliments and the sincere homage that have been paid to her sex by the greatest philosophers and writers, both in ancient and modern times. Let her not forget

that she has to show herself worthy of Campbell's compliment when he said,—

"The world was sad! the garden was
a wild!
And man the hermit sigh'd, till
woman smiled."

Let her prove herself, then, the happy companion of man, and able to take unto herself the praises of the pious prelate, Jeremy Taylor, who says,—"A good wife is Heaven's last best gift to man,—his angel and minister of graces innumerable,—his gem of many virtues,—his casket of jewels. Her voice is sweet music—her smiles his brightest day; her kiss, the guardian of his innocence; her arms, the pale of his safety, the balm of his health, the balsam of his life; her industry, his surest wealth; her economy, his safest steward; her lips, his faithful counsellors; her bosom, the softest pillow of his cares; and her prayers, the ablest advocates of Heaven's blessings on his head."

Cherishing, then, in her breast the respected utterances of the good and the great, let the mistress of every house rise to the responsibility of its management; so that, in doing her duty to all around her, she may receive the genuine reward of respect, love, and affection!

MITES IN CHEESE.

These are at all times better avoided than destroyed, for when they have become very numerous they do a great deal of damage in a short time. To avoid mites the best plan seems to be to leave the cheese exposed to the air, and to brush it occasionally; some prefer wrapping the cheese in a buttered paper, but the former plan, we think, is the best. When mites have become very numerous, they may be killed by suspending the cheese by a piece of wire or string, and dipping it for a moment into a pail of boiling water. The boiling water will kill all the mites, and do no harm to the cheese unless it is left in it too long.

MONTHLY NURSE.

The choice of a monthly nurse is of the utmost importance; and in the case of a young mother with her first child, it would be well for her to seek advice and counsel from her more experienced relatives in this matter. In the first place, the engaging a monthly nurse in good time is of the utmost importance, as, if she be competent and clever, her services will be sought months beforehand; a good nurse having seldom much of her time disengaged. There are some qualifications which it is evident the nurse should possess: she should be scrupulously clean and tidy in her person; honest, sober, and noiseless in her movements; should possess a natural love for children, and have a strong nerve in case of emergencies. Snuff-taking and spirit-drinking must not be included in her habits; but these are happily much less frequent than they were in former days.

Receiving, as she often will, instructions from the doctor, she should bear these in mind, and carefully carry them out. In those instances where she does not feel herself sufficiently informed, she should ask advice from the medical man, and not take upon herself to administer medicines, &c., without his knowledge.

A monthly nurse should be between thirty and fifty years of age, sufficiently old to have had a little experience, and yet not too old or infirm to be able to perform various duties requiring strength and bodily vigour. She should be able to wake the moment she is called, at any hour of the night, that the mother or child may have their wants immediately attended to. Good temper, united to a kind and gentle disposition, is indispensable; and although the nurse will frequently have much to endure from the whims and caprices of the invalid, she should make allowances for these, and command her temper, at the same time exerting her authority when it is necessary.

What the nurse has to do in the way

of cleaning and dusting the lady's room, depends entirely on the establishment that is kept. Where there are plenty of servants, the nurse, of course, has nothing whatever to do but attend on her patient, and ring the bell for anything she may require. Where the number of domestics is limited, she should not mind keeping her room in order; that is to say, sweeping and dusting it every morning. If fires be necessary, the housemaid should always clean the grate, and do all that is wanted in that way, as this, being rather dirty work, would soil the nurse's dress, and unfit her to approach the bed, or take the infant without soiling its clothes. In small establishments, too, the nurse should herself fetch things she may require, and not ring every time she wants anything; and she must, of course, not leave her invalid unless she sees everything is comfortable, and then only for a few minutes. When downstairs, and in company with the other servants, the nurse should not repeat what she may have heard in her lady's room, as much mischief may be done by a gossiping nurse. As in most houses the monthly nurse is usually sent for a few days before her services may be required, she should see that all is in readiness; that there be no bustle and hurry at the time the confinement takes place. She should keep two pairs of sheets thoroughly aired, as well as night-dresses, flannels, &c. All the things which will be required to dress the baby the first time should be laid in the basket in readiness, in the order in which they are to be put on; as well as scissors, thread, a few pieces of soft linen rag, and two or three flannel squares. If a berceaunette is to be used immediately, the nurse should ascertain that the mattresses, pillow, &c. are all well aired; and if not already done before she arrives, she should assist in covering and trimming it, ready for the little occupant. A monthly nurse should be handy at her needle, as, if she is in the house some time before the baby is born, she will require some work of

this sort to occupy her time. She should also understand the making up of little caps, although we can scarcely say this is one of the nurse's duties. As most children wear no caps, except out of doors, her powers in this way will not be much taxed.

A nurse should endeavour to make her room as cheerful as possible, and always keep it clean and tidy. She should empty the chamber utensils as soon as used, and on no account put things under the bed. Soiled baby's napkins should be rolled up and put into a pan, when they should be washed out every morning, and hung out to dry; they are then in a fit state to send to the laundress; and should, on no account, be left dirty, but done every morning in this way. The bedroom should be kept rather dark, particularly for the first week or ten days; of a regular temperature, and as free as possible from draughts, at the same time well ventilated and free from unpleasant smells.

The infant during the month must not be exposed to strong light, or much air; and in carrying it about the passages, stairs, &c., the nurse should always have its head-flannel on, to protect the eyes and ears from the currents of air. For the management of children, we must refer our readers to the article "Infants;" and we need only say, in conclusion, that a good nurse should understand the symptoms of various ills incident to this period, as, in all cases, prevention is better than cure. As young mothers with their first baby are very often much troubled at first with their breasts, the nurse should understand the art of emptying them by suction, or some other contrivance. If the breasts are kept well drawn, there will be but little danger of inflammation; and as the infant at first cannot take all that is necessary, something must be done to keep the inflammation down. This is one of the greatest difficulties a nurse has to contend with, and we can only advise her to be very persevering, to rub the breasts well, and to let the

infant suck as soon and as often as possible, until they get in proper order.

MOTHS, A PLEASANT PERFUME AND PREVENTIVE AGAINST.

Take of cloves, caraway-seeds, nutmeg, mace, cinnamon, and Tonqnin beans, of each 1 oz.; then add as much Florentine orris-root as will equal the other ingredients put together; grind the whole well to powder, and then put it in little bags among your clothes, &c.

Almost anything aromatic will keep off moths. The common bog-myrtle, which grows so freely in swampy places, is an excellent antidote.

Another.—A piece of linen, moistened with turpentine and put into the wardrobe or drawers for a single day, two or three times a year, is also a sufficient preservative against moths.

MOTHS, BEETLES, &c., TO KEEP FROM CLOTHES.

Put a piece of camphor into a linen bag, or some aromatic herbs, in the drawers, among linen or woollen clothes, and neither moth nor worm will come near them.

MOTHS, TO PREVENT THE DAMAGE OF.

Furs, flannels, and woollen goods, when laid by for any time, are very liable to injury from moths. Most persons may have noticed at times in their houses a small, light brown-coloured moth, and another with black and white wings; both these are very dangerous inmates. Whenever they are seen they should be destroyed. But no articles of fur, flannel, and woollen fabric should be left long without being taken out and shaken or brushed. They should also always be well aired before they are put away. If a few bitter apples, which can be bought at the chemists, are enclosed in muslin bags, and put into the drawers or closets, no moth will ever come near them.

MOTTLED SOAP.

This soap is made with refuse kitchen stuff, boiled with weak alkaline lye (soap lye) rendered caustic by quicklime, and to which common salt is afterwards added. The mottled appearance is given by watering the nearly finished soap with a strong lye of crude soda by means of a watering-can with a rose spout.

MOULTING.

This, though it cannot be called a disease in poultry, is a time of danger and anxiety. Moulting occurs at different periods, and is most dangerous for young chickens, particularly those which, being hatched late, do not begin to moult before the cold weather has set in. The summer moult of birds hatched in early spring, which occurs in July, is, for the most part, very gradual, a few feathers falling off at a time, and being rapidly renewed till the whole plumage is changed. In the autumnal moult, on the contrary, more feathers fall off at one time, and they are not so rapidly renewed. The fowl, therefore, is more exposed to the changes of the weather. Always, at the time of moulting, supply an abundance of good nourishing food, and keep the whole poultry-yard as warm and dry as possible. A small amount of decoction of Peruvian bark may be added to the water with great benefit, and care should be taken that there is a good supply of really clean water. It is a known fact that fowls moult later and later every year after the third year. It is therefore sometimes as late as January before the older fowls are in full feather, and as the weather is then cold, they are not in a condition to lay till March or April. The moulting period lasts generally, according to the season of the year, from five weeks to two or three months.

MUDDY WATER, TO PURIFY.

Make a bag of linen two or three inches long, and in it put some well-burnt charcoal, finely powdered. Hang

this in the vessel which contains impure water. If the water, after a short time, do not clear, nor the offensive smell pass off, add another bag or two of the same size. In this way, the quantity of charcoal necessary for the vessel can be ascertained, and a bag made large enough to hold it. This is a cheap and easy mode of cleansing water, and may be used with advantage in the absence of a proper filtering-machine.

MULLED CLARET OR PORT.

To every bottle of claret, or port, allow 4 oz. of loaf sugar, 2 cloves, and the eighth-part of a grated nutmeg. Place the wine and these ingredients over a gentle fire: remove when almost boiling.

MULLED WINE.

Ingredients: 1 pint of port wine, or any wine preferred, 1 gill of water, ¼ oz. of spice, equal quantities of cinnamon, cloves, and ginger slightly bruised, 3 oz. of powdered loaf sugar.—*Mode:* Boil the spice in the water with the sugar until it forms a thick syrup, care being taken that it does not burn. Pour into the saucepan, or pipkin, the wine, and stir all together gently until it is on the point of boiling. Serve it quite hot. A very thin shaving of orange may be added to improve the flavour. This recipe is very good for claret, burgundy, and, indeed, almost any wine. Home-made raisin, ginger, and orange wines may be so mulled, and will be found excellent. The spiced wine, while quite hot, may be stirred upon the yolk of three or four fresh eggs, well beaten.

MURIATIC ACID, SPIRIT OF SALT,—a thin yellow fluid, emitting dense white fumes on exposure to the air.

This is not often taken as a poison. The symptoms and treatment are much the same as those of nitric acid. N.B.—In no case of poisoning by this acid should emetics ever be given.

MUSTARD, READY MADE, FOR KEEPING.

Ingredients: 1 pint of horseradish vinegar, 1½ oz. of salt, mustard.—*Mode:* Add the salt to the vinegar, and mix in, till perfectly smooth, as much mustard as will make a thick paste. Keep it well corked in a wide-mouthed bottle for use.

MUSTARD, TO MAKE.

Mustard should always be made in small quantities, fresh as required. It soon spoils by keeping. Put the quantity required into a teacup, and stir in boiling water till it is of the proper consistence, and perfectly smooth. It should never be made in the mustard-pot in which it is to be brought to table. The French mix mustard with vinegar, instead of water, and some persons add salt; but good Durham mustard is best made plain. Milk, with the addition of a little cream, if used instead of water, is said to take away all bitterness, and to impart great softness to mustard.

MUSTARD POULTICE.

This most useful application is made in a variety of ways. The simplest, the cleanest, and most efficacious for ordinary purposes, we believe to be the following:—Take a piece of soft flannel, dip it in boiling water, wring it out immediately, and sprinkle one side of it with fresh flour of mustard. The flannel should, while being sprinkled, be laid upon a hot plate, that no warmth may be lost. Another way of making a mustard poultice is by spreading a large tablespoonful of mustard made in the ordinary way, as if for table, on a piece of soft linen, and warming it before the fire when it is to be applied. A third, and better plan, if warmth be needed, is to make a common bread poultice and stir into it a tablespoonful of mustard, either fresh or mixed. It is frequently desirable, with poultices made on either of the last two plans, to place a piece of fine muslin or gauze between the poultice and the skin.

Another Recipe.—Mix equal parts of dry mustard and linseed-meal in warm vinegar. When the poultice is wanted weak, warm water may be used for the vinegar; and when it is required very strong, mustard alone, without any linseed-meal, is to be mixed with warm vinegar.

MUSTARD WHEY.

Boil ½ pint of new milk, and add to it a tablespoonful of made mustard, which will turn it into whey. Leave it to settle, strain off the whey, which, when drunk, will give a glowing warmth to the whole frame. The occasional use of this whey is of service in nervous affections.

NAILS.

Good nails are a great ornament; but it is a matter of no small trouble to keep the nails in a good condition. This can certainly never be done by biting, for, of all habits, biting the nails is one of the most disgusting and most detrimental to the appearance of the hands. If this habit be suffered to survive the early years of life, it is almost next to impossible to get rid of it. In youth it can easily be broken by keeping the hands in flannel bags, or touching lightly the nails with bitter aloes. Careful washing and cutting are the only means by which the nails can be preserved clean and well-shaped. The hands should always be soaked in warm water before the nails are cut. This softens them, and renders the operation much more easy. The skin of the finger also should not be allowed to encroach upon the lower part of the nails: after every washing it should be gently pressed back with the towel with which the hands are being dried. Attention to this point will not merely secure the good shape of the nails, but put a stop to those very disagreeable accompaniments known as hang-nails. With some persons the nails grow much more rapidly than with others, but under no circumstances should they be suffered to go longer than one week without cutting. When the nails are hard and sluggish, and do not make that proper growth which will enable them, by constant cutting, to be kept well-shaped, the following ointment may be used with advantage:—Take the yolk of a hard egg and 2 oz. of fine white wax, and incorporate them together in a small pot over the fire; then add as much sweet oil of almonds as will reduce the mixture to the consistence of an ointment, which can be kept in a box for use. When needed, anoint the nails with this ointment on a camel-hair brush every night at bed-time, and sleep in gloves: continue the application for three weeks or a month. When the nails begin to grow rapidly, cut them moderately, and bring them gradually into shape; at the same time pay attention to the skin at the lower part of the nails. One month's application of this ointment, with proper cutting, will bring nails thoroughly neglected into as good a condition as can be required.

NAILS, TO WHITEN (Dr. Scott's wash).

Diluted sulphuric acid, 2 drachms; tincture of myrrh, 1 drachm; spring water, 4 oz. Mix. First cleanse the nails with white soap, and then dip the fingers into the wash.

NEGUS.

To every half-pint of wine put an equal quantity of boiling water, the strained juice of half a lemon, 1½ oz. of loaf sugar, and the eighth part of a nutmeg grated. Rub the sugar on the rind of the lemon. Mix. May be taken either hot or cold.

NERVOUS TINCTURE.

Take 3½ oz. of camphor julep; 3½ oz. of peppermint-water; 3 drachms of spirits of ammonia; 3 drachms of syrup of saffron; 1 drachm of tincture of camphor, well mixed. Three table-spoonfuls to be taken when required.

NERVOUSNESS, A GOOD MIXTURE IN CASES OF.

The occasional use of the following

mixture has often proved of great benefit to nervous patients: two or three tablespoonfuls three times a day may be taken.—*Ingredients:* 1 drachm of extract of bark, 6 oz. of camphor julep, 3 drachms of volatile tincture of valerian, ½ oz. of tincture of columbo.—*Mode:* Mix all these ingredients well together, and keep them in a well-corked bottle for use.

NIGHT-CAP (an American Drink).

Ingredients: ½ pint of strong ale, a wineglass of brandy, 2 or 3 cloves, or 2 or 3 drops of essence of cloves, 3 or 4 lumps of sugar.—*Mode:* Mix altogether in a tin jug, set it over the fire, and when quite hot, pour it into a tumbler and drink it. Be careful not to break the glass. Warm it first over the liquor, and set it on something while pouring.

NORFOLK PUNCH (excellent for keeping).

Ingredients: 1 gallon of French brandy, 6 oranges, 6 lemons, 4 lb. of powdered white sugar, 1 gallon of water, 1 pint of new milk.—*Mode:* Pare the rinds of the oranges and lemons as thinly as possible, and pour over them the brandy. Let them infuse for twelve hours; then have ready 1 gallon of water that has been boiled, and dissolve the sugar in it, adding the clear juice of the oranges and lemons when this has been done. Mix all together and strain off the liquid into a clean sweet cask or stone bottle. Stir in the milk, and bung down closely the cask or bottle; let it stand in a dry, warm cellar for six or seven weeks, then draw it off into ordinary wine-bottles. If proper care be taken in bottling and corking, this punch will keep for many years, and become mellowed by age. To make this punch in, it is best to use a small cask or stone bottle that has had spirits in it; and for bottling, clean empty brandy-bottles drained but unwashed.

NORTH-WILTSHIRE CHEESE, TO RIPEN.

Select a good cheese; cut off the top rind quite flat, about ¼ inch thick. Take out, with a scoop, a small cone from the centre of the cheese, and pour into it some sherry, Scotch or Burton ale. As soon as the ale is absorbed, repeat the process, taking care that the top is carefully put on. The cheese should be enveloped in sheet lead, and kept in a damp place. Thus treated, it will be quite ripe in about three weeks.

NOTICE TO QUIT.

In the case of leasing for a term, no notice is necessary; the tenant quits, as a matter of course, at its termination; or if, by tacit consent, he remains paying rent as heretofore, he becomes a tenant at sufferance, or from year to year. Half a year's notice now becomes necessary, as we have already seen, to terminate the tenancy, except a special arrangement be made to the contrary. Either of these notices may be given verbally, if it can be proved that the notice was definite, and given at the right time; but it is more advisable to give it in writing. Form of notice is quite immaterial, provided it is definite and clear in its purport. If there be any doubt as to the time at which the tenancy commenced, and it be necessary for the notice to expire at a time corresponding to the commencement of the tenancy, the notice should be given by a landlord for the tenant to quit on the day on which it is supposed the tenancy will terminate, or on such other day as the current year, or other period of the tenancy may expire, next after six months, three months, or other period, as the case may be, from the service of the notice.

Tenancy for less than a year may be terminated according to the taking. Thus, when taken for three months, and so on from three months to three months, a three months' notice is required; when monthly, and so on from month to month, a month's notice; and when weekly, a week's notice. When taken for a definite time, as a month, a week, or a quarter, no notice is necessary on either side. If premises are taken by the year, with a

provision for giving three months' notice, such notice must expire at the same time of the year at which the tenancy commenced, unless it be stated that the notice may expire on either of the usual days appointed for payment of the rent.

NOURISHING DRINK FOR CONSUMPTIVE PATIENTS.

Ingredients : 1 oz. of eringo-root, 1 oz. of pearl-barley, 1 oz. of sago, 1 oz. of rice, 3 pints of water.—*Mode:* Put these ingredients into the water, and boil till it is reduced to one-half; strain off the liquid, and put 1 tablespoonful of it into a coffee-cup of boiling milk, with a little sugar if desired. The liquid, if bottled, will keep for some few days. This drink is not only very nourishing, but emollient and soothing to the throat and chest.

NOURISHING DRINKS.

Make a strong jelly of the best Russian isinglass, and dissolve a teaspoonful or more of this in any warm drinks that may be taken by the patient. A cup of tea or coffee may, in this way, be made to impart nourishment, and the presence of the isinglass will scarcely be detected. The isinglass may also be dissolved and put into a glass of beer or a glass of wine.

NOYEAU.

The best noyeau is of foreign make: it comes from the West Indies. A good substitute, however, and very much cheaper, may be made by the following recipe. *Ingredients:* 1 gallon of white brandy or English gin, ¼ lb. of apricot kernels, 1 pint of orange-flower water, 1½ lb. of white sugar, 2 oz. of bitter almonds, 1 oz. of sweet almonds.—*Mode:* Blanch the almonds, put them with the kernels into a stone bottle, and the sugar also; pour the brandy or gin upon them; shake the bottle daily for a week, then add the orange-flower water. Leave it another week, then strain all through a jelly-bag, or filter through paper, and bottle off for use. The quantity of apricot kernels may be increased, and the almonds omitted, as they are much the best; but if apricot kernels cannot be had, then the quantity of almonds may be increased.

NURSEMAIDS, UPPER AND UNDER.

The nursery is of great importance in every family, and in families of distinction, where there are several young children, it is an establishment kept apart from the rest of the family, under the charge of an upper nurse, assisted by under nursery-maids proportioned to the work to be done. The responsible duties of upper nursemaid commence with the weaning of the child: it must now be separated from the mother or wet-nurse, at least for a time, and the cares of the nursemaid, which have hitherto been only occasionally put in requisition, are now to be entirely devoted to the infant. She washes, dresses, and feeds it; walks out with it, and regulates all its little wants; and, even at this early age, many good qualities are required to do so in a satisfactory manner. Patience and good temper are indispensable qualities; truthfulness, purity of manners, minute cleanliness, and docility and obedience, almost equally so. She ought also to be acquainted with the art of ironing and trimming little caps, and be handy with her needle.

There is considerable art in carrying an infant comfortably for itself and for the nursemaid. If she carry it always seated upright on her arm, and presses it too closely against her chest, the stomach of the child is apt to get compressed and the back fatigued. For her own comfort, a good nurse will frequently vary this position, by changing from one arm to the other, and sometimes by laying it across both, raising the head a little. When teaching it to walk, and guiding it by the hand, she should change the hand from time to time, so as to avoid raising one shoulder higher than the other. This is the only way in which a child should be

Nursemaids.

taught to walk; leading-strings and other foolish inventions which force an infant to make efforts, with its shoulders and head forward, before it knows how to use its limbs, will only render it feeble, and retard its progress.

Most children have some bad habit, of which they must be broken; but this is never accomplished by harshness without developing worse evils; kindness, perseverance, and patience in the nurse, are here of the utmost importance. When finger-sucking is one of these habits, the fingers are sometimes rubbed with bitter aloes, or some equally disagreeable substance. Others have dirty habits, which are only to be changed by patience, perseverance, and, above all, by regularity in the nurse. She should never be permitted to inflict punishment on these occasions, or, indeed, on any occasion. But, if punishment is to be avoided, it is still more necessary that all kinds of indulgences and flattery be equally forbidden. Yielding to all the whims of a child,—picking up its toys when thrown away in mere wantonness, would be intolerable. A child should never be led to think others inferior to itself, to beat a dog, or even the stone against which it falls, as some children are taught to do by silly nurses. Neither should the nurse affect to show alarm at any of the little accidents which must inevitably happen: if it falls, treat it as a trifle; otherwise she encourages a spirit of cowardice and timidity. But she will take care that such accidents are not of frequent occurrence, or the result of neglect.

The nurse should keep the child as clean as possible, and particularly she should train it to habits of cleanliness, so that it should feel uncomfortable when otherwise; watching especially that it does not soil itself in eating. At the same time, vanity in its personal appearance is not to be encouraged by over-care in this respect, or by too tight lacing or buttoning of dresses, nor a small foot cultivated by the use of tight shoes.

Nursemaids would do well to repeat to the parents faithfully and truly the defects they observe in the dispositions of very young children. If properly checked in time, evil propensities may be eradicated; but this should not extend to anything but serious defects; otherwise the intuitive perceptions which all children possess will construe the act into "spying" and "informing," which should never be resorted to in the case of children, nor, indeed, in any case.

Such are the cares which devolve upon the nursemaid, and it is her duty to fulfil them personally. In large establishments she will have assistants proportioned to the number of children of which she has the care. The under nursemaid lights the fires, sweeps, scours, and dusts the rooms, and makes the beds; empties slops, and carries up water; brings up and removes the nursery meals; washes and dresses all the children, except the infant, and assists in mending. Where there is a nursery girl to assist, she does the rougher part of the cleaning; and all take their meals in the nursery together, after the children of the family have done.

In smaller families, where there is only one nursemaid kept, she is assisted by the housemaid or servant-of-all-work, who will do the rougher part of the work and carry up the nursery meals. In such circumstances she will be more immediately under the eye of her mistress, who will probably relieve her from some of the cares of the infant. In higher families, the upper nurse is usually permitted to sup or dine occasionally at the housekeeper's table by way of relaxation, when the children are all well and her subordinates trustworthy.

Where the nurse has the entire charge of the nursery, and the mother is too much occupied to do more than pay a daily visit to it, it is desirable that she be a person of observation, and possess some acquaintance with the diseases incident to childhood, as also with such simple remedies as may be useful before a medical attendant can be pro-

cured, or where such attendance is not considered necessary. All these little ailments are preceded by symptoms so minute as to be only perceptible to close observation; such as twitching of the brows, restless sleep, grinding the gums, and, in some inflammatory diseases, even by the child abstaining from crying, from fear of the increased pain produced by the movement. Dentition, or cutting the teeth, is attended with many of these symptoms. Measles, thrush, scarlatina, croup, hooping-cough, and other childish complaints, are all preceded by well-known symptoms, which may be alleviated and rendered less virulent by simple remedies instantaneously applied.

Dentition is usually the first serious trouble, bringing many other disorders in its train. The symptoms are most perceptible to the mother: the child sucks feebly, and with gums hot, inflamed, and swollen. In this case, relief is yielded by rubbing them from time to time with a little of Mrs. Johnson's soothing syrup, a valuable and perfectly safe medicine. Selfish and thoughtless nurses, and mothers too, sometimes give cordials and sleeping-draughts, whose effects are too well known.

Convulsion Fits sometimes follow the feverish restlessness produced by these causes; in which case a hot bath should be administered without delay, and the lower parts of the body rubbed, the bath being as hot as it can be without scalding the tender skin; at the same time, the doctor should be sent for immediately, for no nurse should administer medicine in this case, unless the fits have been repeated and the doctor has left directions with her how to act.

Croup is one of the most alarming diseases of childhood; it is accompanied with a hoarse, croaking, ringing cough, and comes on very suddenly, and most so in strong, robust children. A very hot bath should be instantly administered, followed by an emetic, either in the form of tartar emetic, croup-powder, or a teaspoonful of ipecacuhana, wrapping the body warmly up in flannel after the bath. The slightest delay in administering the bath, or the emetic, may be fatal; hence the importance of nurses about very young children being acquainted with the symptoms.

Hooping-cough is generally preceded by the moaning noise during sleep, which even adults threatened with the disorder cannot avoid: it is followed by violent fits of coughing, which little can be done to relieve. A child attacked by this disorder should be kept as much as possible in the fresh, pure air, but out of draughts, and kept warm, and supplied with plenty of nourishing food. Many fatal diseases flow from this scourge of childhood, and a change to purer air, if possible, should follow convalescence.

Worms are the torment of some children: the symptoms are, an unnatural craving for food, even after a full meal; costiveness, suddenly followed by the reverse; fetid breath, a livid circle under the eyes, enlarged abdomen, and picking the nose; for which the remedies must be prescribed by the doctor.

Measles and *Scarlatina* much resemble each other in their early stages: headache, restlessness, and fretfulness are the symptoms of both. Shivering fits, succeeded by a hot skin; pains in the back and limbs, accompanied by sickness, and, in severe cases, sore throat; pain about the jaws, difficulty in swallowing, running at the eyes, which become red and inflamed, while the face is hot and flushed, often distinguish scarlatina and scarlet-fever, of which it is only a mild form.

While the case is doubtful, a dessert-spoonful of spirit of nitre diluted in water, given at bedtime, will throw the child into a gentle perspiration, and will bring out the rash in either case. In measles, this appears first on the face; in scarlatina, on the chest; and in both cases a doctor should be called in. In scarlatina, tartar-emetic powder or ipecacuhana may be administered in the mean time.

In all cases, cleanliness, fresh air,

clean utensils, and frequent washing of the person, both of nurse and children, are even more necessary in the nursery than in either drawing-room or sick-room, inasmuch as the delicate organs of childhood are more susceptible of injury from smells and vapours than are those of adults.

It may not be out of place if we conclude this brief notice of the duties of a nursemaid by an extract from Florence Nightingale's admirable "Notes on Nursing." Referring to children, she says:—

"They are much more susceptible than grown people to all noxious influences. They are affected by the same things, but much more quickly and seriously; by want of fresh air, of proper warmth; want of cleanliness in house, clothes, bedding, or body; by improper food, want of punctuality; by dulness, by want of light, by too much or too little covering in bed or when up." And all this in health; and then she quotes a passage from a lecture on sudden deaths in infancy, to show the importance of careful nursing of children:—"In the great majority of instances, when death suddenly befalls the infant or young child, it is an *accident;* it is not a necessary, inevitable result of any disease. That which is known to injure children most seriously is foul air; keeping the rooms where they sleep closely shut up is destruction to them; and if the child's breathing be disordered by disease, a few hours only of such foul air may endanger its life, even where no inconvenience is felt by grown-up persons in the room."

Persons moving in the best society will see, after perusing Miss Nightingale's book, that this "foul air," "want of light," "too much or too little clothing," and improper food, is not confined to Crown Street or St. Giles's; that Belgravia and the squares have their north room, where the rays of the sun never reach. "A wooden bedstead, two or three mattresses piled up to above the height of the table, a valance attached to the frame,—nothing but a miracle could ever thoroughly dry or air such a bed and bedding,"—is the ordinary bed of a private house, than which nothing can be more unwholesome. "Don't treat your children like sick," she sums up; "don't dose them with tea. Let them eat meat and drink milk, or half a glass of light beer. Give them fresh, light, sunny, and open rooms, cool bedrooms, plenty of outdoor exercise, facing even the cold, and wind, and weather, in sufficiently warm clothes, and with sufficient exercise; plenty of amusements and play; more liberty, and less schooling, and cramming, and training; more attention to food and less to physic."

OAK-COLOURED GRAINING FOR WOOD.

The composition used in graining wood oak-colour is vandyke-brown and chrome-yellow, mixed with about one part of boiled linseed-oil and two parts of turpentine: a small quantity of litharge may be added to cause it to dry soon. The wood is afterwards glazed. The paint used for glazing is a mixture of vandyke-brown and burnt umber; or lamp-black may be substituted for the latter. It is drawn lengthways along the wood with a small brush, wet with sour beer: there must be no oil used in the glazing process. The wood is ultimately varnished with what is called oak-varnish, which may be procured at any respectable painter's shop.

OAK STAINING.

Common deal boardings may be stained to look like oak by rubbing them with globe artichokes cut in half. This will put an excellent colour upon them: they may be afterwards polished with a preparation of beeswax, oil, and turpentine, melted together, and applied cold with a clean dry varnishing-brush.

OIL AND WATER, TO UNITE.

A little salts of tartar is the best and cheapest medium for uniting these two opposite substances.

OILED CALICO.

Ingredients: Pale linseed-oil, 3 pints; sugar of lead, 1 oz.; white resin, 4 oz. —*Mode:* Grind the sugar of lead with a small quantity of the oil, and, when smooth, add the rest and the resin; place all in a pipkin, and mix them over a gentle fire. The calico must be dressed with it while hot.

OIL-PAINTINGS, TO CLEAN.

Oil-paintings on canvas or panel are best cleaned by washing with soap and soft water just warm. When wiped dry with a soft cloth, they should be rubbed with a warm silk handkerchief before the fire. An immediate brightness may be given to any very dull oil-paintings by gently wiping the surface over with a fresh cut onion.

OIL-PAINTINGS, TO CLEAN OLD.

Oil-paintings frequently become soiled with smoke or dirt, when they must be treated with great care. Dissolve a small quantity of salt in some stale urine; dip a woollen cloth in the mixture, and rub the paintings over with it till they are clean; then wash them with a sponge and clean water, dry them gradually, and rub them over with a clean cloth. Should the dirt not be easily moved by the above preparation, add a small quantity of soft soap. Be very careful not to rub the painting too hard. The blackened lights of old pictures may be instantly restored to their original hue by touching them with deutoxide of hydrogen, diluted with six or eight times its weight of water. These parts must be afterwards washed with a clean sponge and water.

OILS FOR THE HAIR:—

Family Oil (for the Hair).—Oil of sweet almonds, 1 gill; spermaceti, ½ oz. Melt them together over the fire, first breaking the spermaceti into very small pieces. When cold, stir in a few drops of oil of bergamot, rubbed up with half a grain of civet.

Macassar Oil consists of the following ingredients:—2 pints of the purest castor-oil coloured with alkanet-root, and ½ pint of alcohol 60 per cent. over-proof, scented with 1 fluid drachm of oil of nutmeg and 30 drops each of the oils of rosemary and origanum, 20 drops of neroli, 10 drops of essence of musk, and 45 grains of attar of roses. Mix thoroughly, under the influence of gentle heat if needful, by agitating the materials together, and at the end of a week decant the clear portion from the rest. *Or,* 2 pints of finest oil of ben, reddened with alkanet-root, may be substituted for the castor-oil and alcohol in the first mixing with the oils and essences, and 4 oz. of the alcohol added subsequently by degrees with agitation.

Another Recipe, to make the Hair grow and curl.—Olive-oil, 1 lb.; oil of origanum, 1 drachm; oil of rosemary, 1¼ drachm. Mix.

Marrow Oil.—Take 3 oz. of beef marrow clarified, and melt this with ½ pint of oil of almonds. A yellow tinge may be imparted to the mixture by means of a small quantity of palm-oil or annotta. Scent at pleasure.

Queen's Oil (for the Hair).—Oil of ben, 1 pint; civet, 3 grains; Italian oil of jasmine, 3 fluid oz.; attar of roses, 3 minims. If attar of roses is not to be had, 10 or 12 minims of common oil of roses may be substituted.

Oil for Thickening the Hair.—Sweet olive-oil, 3 oz.; oil of lavender, 1 drachm. Apply morning and evening to those parts where the hair is wanting, in consequence of a deficiency of moisture in the skin.

Rose Oil, to make the Hair grow.—Rose petals, beat to a pulp, 3 or 4 oz.; olive-oil, ¾ of a pint. Macerate in the sun or a warm place, in a covered vessel, for a week, and press out the oil. Repeat the process with fresh roses till the oil smells sufficiently strong, and then filter.

Oil of Roses is simply oil of ben, or else of almond or olive-oil, scented with 1 drachm of attar of roses to each quart of oil. The digesting of a little alkanet-root in the mixture for a few days imparts a red colour to it.

Oil of Roses, another Recipe.—Olive-oil, 2 pints; attar of roses, 1 drachm; oil of rosemary, 1 drachm. Mix. It may be coloured *red* by steeping a little alkanet-root in the oil (with heat) before scenting it.

Another.—Take 12 oz. of fresh rose-buds just beginning to open (the buds of damask roses are best, the common cabbage next), peel off the calyx, and cut out all stalk; put with them 16 oz. of olive-oil; beat them well together in a mortar till quite a pulp; let them remain for a few days; then by pressure through muslin remove all the oil, which will have imbibed the scent of the flowers. Repeat the process with fresh rosebuds if the scent be not strong enough.

OINTMENT FOR CHAPPED HANDS.

Goulard's extract, 1 fluid drachm; rose-water, 1 fluid oz.; spermaceti ointment, 2 oz. Melt the ointment, and rub it up with the extract of Goulard mixed with the rose-water.

Another, very good when the hands are badly chapped.—*Ingredients:* 1 oz. of bitter almonds, oil of sweet almonds, the yolk of 1 egg, and a little tincture of benzoin; 10 drops of oil of caraway. —*Mode:* Blanch the almonds, beat them to a paste by working in gradually the oil of sweet almonds and the egg, also the benzoin and oil of caraway, so as to make the ointment of the consistence of thick cream. Before going to bed, the hands should be well washed with soap and warm soft water, and the ointment rubbed well into them. It is desirable to keep the hands covered with a pair of soft kid gloves while the ointment is upon them.

OINTMENT FOR EXCORIATIONS FROM BLISTERS AND OTHER CAUSES.

After a blister has been applied, or wherever any excoriation has occurred from other causes, the part will be healed speedily if dressed with the following ointment:—Simmer over the fire a little salad-oil, shaving into it as much fine white wax as will make it into a smooth ointment, just stiff enough to spread on linen. The ointment is best applied as a plaster.

OINTMENT TO PROMOTE THE GROWTH OF HAIR ON HORSES.

Ingredients: 3 lb. of resin, 3 lb. of tallow, 3 lb. of rape-oil, 12 oz. of camphor, 1 oz. of oil of rosemary, 1 lb. of flour of mustard, 1 lb. of ivory-black.—*Mode:* Mix all these ingredients well together, and rub the ointment in where the growth of hair is to be promoted. Rub always the way of the hair.

ONIONS, TO CUT.

First take the peel off, then set the onion on a board on the root end, and with a sharp knife cut it nearly through in slices one way; do the same directly crosswise. After this turn the onion on its side, and cut it in slices, when it will fall to pieces, as if finely chopped.

ONIONS, TO PEEL.

To many persons peeling onions is a most disagreeable operation, and causes the greatest pain to the eyes. All this inconvenience may be avoided, and as many onions as you please be peeled with impunity, merely by taking a needle or any small piece of polished steel between the teeth during the operation. The steel will attract the acrid juice of the onion, and save the eyes.

ONION POULTICE.

This poultice, useful for the ear-ache and also for quinsey, is made by roasting one or two large onions till quite soft, peeling them, and bruising them to a pulp. The pulp must be put quite hot into a muslin bag, and applied to the part requiring it.

OPIUM, AND ITS PREPARATIONS, LAUDANUM, &c.

Solid opium is mostly seen in the form of rich brown flattish cakes, with little pieces of leaves sticking on them here and there; it has a bitter and slightly warm taste. The most common form in which it is taken as a poison is that of laudanum.—*Symptoms:* These consist at first in giddiness and stupor, followed by insensibility; the patient, however, being roused to consciousness by a great noise, so as to be able to answer a question, but becoming insensible again almost immediately. The pulse is now quick and small, the breathing hurried, and the skin warm and covered with perspiration. After a little time, these symptoms change; the person becomes *perfectly insensible*, the breathing slow and *snoring*, as in apoplexy, the skin cold, and the pulse slow and full. The pupil of the eye is mostly smaller than natural. On applying his nose to the patient's mouth, a person may smell the poison very distinctly.—*Treatment:* Give an emetic draught directly, with large quantities of warm mustard-and-water, warm salt-and-water, or simple warm water. Tickle the top of the throat with a feather, or put two fingers down it to bring on vomiting, which rarely takes place of itself. Dash cold water on the head, chest, and spine, and flap these parts well with the ends of wet towels. Give strong coffee or tea. Walk the patient up and down in the open air for two or three hours; the great thing being to keep him from sleeping. Electricity is of much service. When the patient is recovering, mustard poultices should be applied to the soles of the feet and the insides of the thighs and legs. The head should be kept cool and raised.

OPODELDOC.

This lotion being a valuable application for sprains, lumbago, weakness of joints, &c., and it being difficult to procure either pure or freshly made, we give a recipe for its preparation :—Dissolve 1 oz. of camphor in a pint of rectified spirits of wine; then dissolve 4 oz. of hard white Spanish soap, scraped thin, in 4 oz. of oil of rosemary, and mix them together.

ORANGEADE.

Rasp the rinds of 4 oranges, take the juice of 8 more, and of 3 lemons; put to them ½ pint of syrup, and add water to reduce it to the required strength. Strain it through a sieve, and it will be fit for use.

ORANGE BITTERS.

Take ½ oz. of the yolk of fresh eggs carefully separated from the white, ½ oz. of gentian root, 1½ drachm Seville orange-peel, and 1 pint of boiling water; pour the water hot upon the above ingredients, and let them steep in it for two hours; then strain, and bottle for use.

ORANGE SYRUP.

Ingredients: 1 dozen Lisbon oranges, 2 lemons, 1 quart of fine syrup.—*Mode:* Rasp the rind of 8 oranges, and squeeze the juice of the dozen, also of the 2 lemons; mix all together, and strain through a gauze sieve. Boil the quart of syrup almost to caramel, which is the highest or last degree of boiling sugar; then put the clear juice to the syrup, and bottle it for use.

ORANGE TOOTH-POWDER.

Take 1½ oz. of precipitated chalk with ½ oz. of cuttlefish bone; add these to a decoction of ¼ drachm of hay saffron in ½ oz. of boiling water, which should have been digested in a covered vessel for an hour. Dry this mixture in a very gentle heat, and, after powdering it, add 20 drops of oil of orange-peel and 3 drops of essence of ambergris. When thoroughly mixed, pass the whole through a fine gauze sieve.

ORGEAT, a Pleasant Summer Drink.

Ingredients: 1 oz. of bitter almonds, 1 oz. of sweet almonds, 1 wineglass of

orange-flower water, 1½ pint of rose-water, ½ pint of distilled water, 3 pints of clarified syrup.—*Mode:* Blanch the almonds, and beat them to a paste in a mortar with the orange-flower water; work in by degrees the rose-water and the distilled water; strain all through a coarse sieve, add the syrup, and boil it for one minute. Let it cool; bottle and cork it well. A tablespoonful in a tumbler of water makes an excellent draught.

OXALIC ACID, COMMONLY CALLED SALT OF LEMONS.

This poison may be taken by mistake for Epsom salts, which it is a good deal like. It may be distinguished from them by its very acid taste and its shape, which is that of needle-formed crystals, each of which, if put into a drop of ink, will turn it to a *reddish-brown*, whereas Epsom salts will not change its colour at all. When a large dose of this poison has been taken, death takes place very quickly indeed. —*Symptoms produced in those who have swallowed it:*—A hot, burning, acid taste is felt in the act of swallowing, and vomiting of a *greenish-brown* fluid is produced, sooner or later, according to the quantity and strength of the poison taken. There is great tenderness felt over the stomach, followed by clammy perspirations and convulsions; the legs are often drawn up, and there is generally stupor, from which the patient, however, can easily be roused, and always great prostration of strength. The pulse is small and weak, and the breathing faint.—*Treatment:* Chalk or magnesia, made into a cream with water, should be given in large quantities, and afterwards the emetic draught above prescribed, or some mustard-and-water, if the draught cannot be got. The back part of the throat to be tickled with a feather, to induce vomiting. Arrowroot, gruel, and the like drinks, are to be taken. When the prostration of strength is very great, and the body cold, warmth is to be applied to it, and a little brandy-and-water, or sal-volatile and water, given.

OXFORD PUNCH.

Ingredients: 10 lemons, 4 Seville oranges, 6 glasses of calf's-feet jelly, 2 quarts of boiling water, ½ pint of capillaire, ½ pint of sherry, 1 pint of Cognac brandy, 1 pint of old rum, 1 quart of orange shrub.—*Mode:* Rub the rinds of 3 lemons with lumps of sugar, to extract the flavour; take the peels of 2 more lemons and 2 Seville oranges, cut very thin, also the juice of all the lemons and oranges; add to this the calf's-feet jelly, and stir all well together in a large jug; pour in the water boiling hot, and set the jug on the hob for twenty minutes. Have ready a large bowl; strain the liquor from the jug into it, and stir in, one after another, the other ingredients. More sugar can be added if required.

PAINT.

In mixing paint for out-door work use principally, if not entirely, boiled oil; for in-door work, use linseed-oil, turpentine, and dryers. When the paint is to be without gloss, or dead flatted work, as it is termed, the colours must be ground in oil and thinned with turpentine. This sort of paint does not last so well as common oil-paint, which has a good gloss upon it.

PAINT FOR THE FACE.

Though the practice of painting the face, in order to counteract the ravages of age, is of very ancient origin, it cannot be too strongly deprecated. In a sanitary point of view, it is highly to be condemned. All cosmetics—all the preparations of rouge, &c., however innocent in themselves, obstruct the pores of the skin, and often lay the foundation of cutaneous disease. Many of the bought preparations are highly injurious.

PAINT, TO CLEAN.

In washing paint, be careful to use clean soft water, and as little soap and

soda as possible. Dry the paint quickly—it will be much injured if soapy water rests long upon it.

Another Recipe.—Dirty paint should never be wiped with a cloth, but the dust should be loosened with a pair of bellows, and then removed with a dusting-brush. If very dirty, wash the paint lightly with a sponge or soft flannel dipped in weak soda-and-water, or in pearlash - and - water. The sponge, or flannel, must be used nearly dry, and the portion of paint gone over must immediately be rinsed with a flannel and clean water: both soda and pearlash, if suffered to remain on, will injure the paint. The operation of washing should therefore be done as quickly as possible, and two persons should be employed; one to follow and dry the paint with soft rags, as soon as the other has scoured off the dirt and washed away the soda. No scrubbing-brush should ever be used on paint.

PAINT, TO GET RID OF THE SMELL OF.

To get rid of the smell of oil-paint, plunge a handful of hay into a pail of water, and let it stand in the room newly painted.

PAINT-SPOTS, TO REMOVE FROM SILK CLOTH.

If the fabric will bear it, sharp rubbing will frequently entirely discharge a newly-made paint-stain; but if this is not successful, apply spirit of turpentine with a quill till the stains disappear. The earlier these remedies are applied the better.

PALATINE.

This paste may be used instead of soap, and will be found a valuable addition to the toilette, as it preserves the skin from chapping, and renders it soft and delicate. *Ingredients:* 8 oz. of soft soap, 4 oz. of olive-oil, 4 oz. of spirits of wine, 1½ oz. of lemon-juice, silver-sand, scent as preferred.—*Mode:* Boil the soft soap in a pipkin with the olive-oil, then stir in the lemon-juice, and add sufficient silver-sand to make the whole into a thick paste. When nearly cold, work in the spirits of wine and perfume. It may be kept in small pots or jars, covered down for use.

PALPITATION OF THE HEART.

This may either arise from a permanent disease, or simply from a temporary affection of the organ. The disease is sometimes in the heart or its great vessels, or in all,—a remedy for which it is scarcely in the power of medicine to offer. But the feeling known by the "Palpitation of the Heart," vulgarly called "a beating about the heart," arises far more frequently from the vitiated state of the digestive organs. The heart is a muscle, and, like others, is itself liable to nervous tremors. To remove it, all excesses must be avoided, the habits of health adopted—nourishing diet, a small portion of stout, porter, or wine, early rising, gentle exercise, and air. The following mixture may be taken three times a day, if there be spasmodic sensations:—Ammoniated tincture of valerian, 6 drachms; camphor mixture, 7 drachms.

Another Recipe.—Where palpitation occurs as symptomatic of indigestion, the treatment must be directed to remedy that disorder; when it is consequent on a plethoric state, purgatives will be effectual. In this case the patient should abstain from every kind of diet likely to produce a plethoric condition of body. Animal food and fermented liquor must be particularly avoided. Too much indulgence in sleep will also prove injurious. When the attacks arise from nervous irritability, the excitement must be allayed by change of air and a tonic diet. Should the palpitation originate from organic derangement, it must be, of course, beyond domestic management. Luxurious living, indolence, and tight-lacing often produce this affection: such cases are to be conquered with a little resolution.

PANES OF GLASS, TO REMOVE.

A safe and easy method for removing panes of glass is to apply soft soap to the putty, which, in a few hours, will soften it, however hard it may be, sufficiently for a knife to cut it without fear of breaking the glass.

PAPER FOR DRAUGHTSMEN.

Ingredients: Powdered tragacanth, 1 part; water, 10 parts.—*Mode:* Dissolve the powder, and strain through a gauze sieve; lay the solution smoothly, with a soft brush, on the paper, which should be previously stretched on a board. When dry, paper so prepared will take both oil- and water-colours.

PAPER, TO MAKE IT FIRE-PROOF.

Make a strong solution of alum, steep the paper in it, and hang it up to dry. Repeat the process if not effectual the first time.

PAPER-HANGINGS, TO CLEAN.

If not very dirty, the paper of any room will be much improved by brushing it over in straight lines with a soft broom, covered with a clean soft cloth; if, however, the paper be much soiled, very stale bread is the best thing to clean it with. Cut a very stale quartern loaf into slices, and, in the lightest manner possible, wipe the paper with it in a downward direction. Clean about a yard at a time, all one way, and be careful to leave no marks. By this process very dirty paper-hangings may be made to look like new.

Another Recipe.—First blow off as much dust as possible with a pair of bellows, then take a very stale quartern loaf, cut it into eight parts, each with a piece of crust for the hand to grasp. Begin at the top of the room, and lightly wipe the paper with the bread downwards, in one direction, about half a yard at a stroke. In this way go round the room from top to bottom. The dirt of the paper will fall off with the crumbs.

PAPER-HANGINGS, TO VARNISH.

First prepare the paper for the walls, by laying on a coating of thin glue-size with a soft brush: the size must be very nearly cold, and great care must be taken not to disturb the colouring of the paper. As soon as the walls are dry, after this, the paper may be varnished with any light-bodied varnish; but what is generally known as "pale carriage-varnish" is the best. Never attempt to varnish any papered walls the surface of which is not perfectly smooth.

PARAGORIC.

Ingredients: 1 oz. of laudanum, 1 pint of any kind of spirits, ½ drachm of flowers of benzoin, ½ drachm of oil of anise, 1 scruple of camphor.—*Mode:* Blend the ingredients well together. Give as a dose, to adults, 1 or 2 drachms; to children from two to four years old, 15 to 20 drops.

PARASOLS, TO RENOVATE.

Sponge them with warm soap-and-water, and iron them, while damp, on the inside with a smoothing-iron. If the silk is very dirty, it will be better to sponge it with spirit—gin or spirits of wine. In this case, it should be ironed on the right side; thin paper being spread over to prevent glazing.

PARKER'S CEMENT.

This valuable cement is made of the nodules of indurated and slightly ferruginous marl, called by mineralogists septaria, and also of some other species of argillaceous limestone. These are burnt in conical kilns with pit-coal, in a similar way to other limestone, care being taken to avoid the use of too much heat, as, if the pieces undergo the slightest degree of fusion, even on the surface, they will be unfit to form the cement. After being properly roasted,

the calx is reduced to a very fine powder by grinding, and immediately packed in barrels, to keep it from the air and moisture. It is tempered with water to a proper consistence, and applied at once, as it soon hardens, and will not bear being again softened down with water. For foundations and cornices exposed to the weather it is usually mixed with an equal quantity of clean angular sand; for use as a common mortar, with about twice as much sand; for coating walls exposed to cold and wet, the common proportions are three of sand to two of cement; and for walls exposed to extreme dryness or heat, about two and a half or three of sand to one of cement; for facing cistern-work, water-frontages, &c., nothing but cement and water should be employed. This cement, under the name of compo, or Roman cement, is much employed for facing houses, water-cisterns, setting the foundations of large edifices, &c.

PARSNIP WINE.

Sliced parsnips, 20 lb.; boiling water, 5 gallons. When cold, press out the liquor, and to each gallon add cream of tartar ½ oz., and sugar 2¾ lb.; ferment, rack, and add brandy at discretion.

PARTRIDGES.

Young birds are generally known by their size, the fineness of the scales on their legs, their plumage, and the pliability of their bills.

PASTE BLACKING.

Ivory-black, 1 lb.; treacle, ½ lb.; olive-oil and oil of vitriol, of each 2 oz.; water, a sufficient quantity.

PASTE FOR CLEANING BRASS.

Ingredients: 1 part of starch, 12 parts of powdered rotten-stone, 2 parts of sweet oil, 2 parts of oxalic acid.—*Mode:* Mix the ingredients in the above proportions into a stiff paste with cold water, and rub the paste into the brass with a piece of soft flannel, polishing with a leather.

PASTILES, useful for Fumigating the Rooms of the Sick, and for other Purposes.

Ingredients: 1 part of neroli, 2 parts of nitre, 13 parts of galbanum, 12 parts of tears of olibanum, 11 parts of tears of storan, 16 parts of orange-powder, 70 parts of charcoal, gum-tragacanth dissolved in 15 parts of orange-flower water and 17 parts of rose-water.—*Mode:* Dissolve the gum-tragacanth in the orange-flower and rose-water; reduce to a fine powder all the other ingredients that require it, stir the liquids well in, using so much of the gum-tragacanth water as is required to make the whole into a stiff paste. Form this paste into small pyramids, and light them at the top.

PATENT LEATHER BOOTS

Require to be wiped with a wet sponge, and afterwards with a soft dry cloth, and occasionally with a soft cloth and sweet oil, blacking and polishing the edge of the soles in the usual way, but so as not to cover the patent polish with blacking. A little milk may also be used with very good effect for patent leather boots.

PATTERNS OF EMBROIDERY, &c., TO TRANSFER TO LINEN AND OTHER MATERIAL.

The black sheets, such as those used in the manifold-writer, and which may be bought at almost all stationers', are very useful in effecting the transfer of patterns. Spread over the linen, or other material on which the pattern is to be marked, sheets of the black paper, and upon them lay the pattern to be transferred; then, with a knitting-pin, or other blunt-pointed instrument, trace the pattern all over, and every line will be faithfully reproduced on the

linen. (For the best embroidery patterns, *see* Madame Goubaud's books.)

PEARS, TO RIPEN.

Most of the different varieties of pears stored for winter use may be brought forward for the table some days earlier than their usual period of ripening by being kept in a warm situation. In times of scarcity, when, as is often the case, there happens to be a tolerable crop of any one particular pear which will thus be required to last over as long a period of time as possible, it will be found very useful to adopt this plan with part of the fruit, so as to extend the time of the ripening of the crop. A drawer in a warm, dry kitchen may be made use of for the purpose. No pear, it may be observed, is fit for table until it has arrived at such a state of ripeness that it feels soft when gently pressed with the thumb close to the stalk. This is, perhaps, the best way of ascertaining the ripeness of any fruit, as less injury is likely to arise from pressure near the stalk than in any other part. In certain seasons some sorts of pears are found to be very difficult to ripen. This is especially the case with those which, from the absence of sunshine, want of vigour in the trees, or other causes, have not arrived at maturity at the time of gathering. It must not be considered, however, that such hard fruit is altogether useless. It may be made into an excellent preserve simply by baking the pears in jars well covered down, without sugar and without water. The jars should remain in a cool oven all night, or longer if found necessary.

PEARL-WATER TO IMPROVE THE COMPLEXION.

Ingredients: ¼ lb. of Castille soap, 1 quart of water, ½ pint of spirits, ½ drachm of oil of rosemary, and ½ drachm of oil of lavender.—*Mode:* Work the soap in the water until dissolved; when cold, add the spirits, and flavour with the rosemary and lavender. Keep this in a bottle well corked, and occasionally apply it to the face with a sponge.

PENCIL-DRAWINGS, TO SET.

Lay a fine cambric handkerchief carefully over the face of the drawing, and damp it thoroughly with a piece of soft sponge dipped in milk. Remove the handkerchief, and leave the drawing to dry.

Another Recipe.—Dissolve pale resin in spirits of wine; lay the pencil-drawing on its face upon a sheet of clean paper, and brush the back of the drawing with the solution. This penetrates through the paper in a few minutes, and as the spirit evaporates the resin is deposited as a varnish on the drawing. This has the advantage of not cockling the paper, which aqueous solutions will do; and as the brush only passes over the back of the drawing, none of the pencil-marks are in any degree removed. This process will not answer with drawings on card, or any substance too thick to be penetrated by the solution. In this case, a weak solution of isinglass may be placed in a shallow dish, the drawing being passed through it, so as to wet every part without touching it with a brush.

PEPPER.

Both white and black pepper, when bought ground, are so frequently and so largely adulterated, though generally with substances not injurious, that the best and safest plan for the housekeeper is to buy the whole berries, and grind them at home. A good pepper-mill is very inexpensive, and its use will insure genuine pepper.

PEPPER POSSET, a Sudorific useful in cases of Bad Cold.

Ingredients: Put 12 whole peppers into a pint of milk, and let it simmer lowly to extract the strength of them. After a time let the milk boil; then pour in a couple of glasses of sherry, and let all boil till the curd becomes hard; strain off the whey, and drink it hot. Some persons prefer 12 allspice to the pepper. The effect is the same.

PEPPERMINT CORDIAL.

Ingredients: Dissolve 6 lb. of loaf-sugar in a gallon of water; add to it ½ gallon of gin or proof spirit; mix in, drop by drop, as much oil of peppermint as will give the flavour required. Let it stand until quite clear, and bottle it.

Another Recipe.—Take 13 gallons of rectified spirit, one in five under hydrometer proof, 12 lb. of loaf-sugar, 1 pint of spirit of wine that will fire gunpowder, 15 pennyweights of oil of peppermint, and as much water as will fill up the cask, which should be set on end, after the whole has been well stirred about. Enough for twenty gallons.

PEPPERMINT-WATER.

Gather the peppermint when full-grown, and before it has run to seed. Cut it up, put it into a still, and cover it with water. Set the still over a good fire; but, as soon as it begins to drop, draw it a little on one side, for the slower it works the clearer and stronger will be the water. Bottle the liquid when cold, and, after it has stood a day or two, cork it well.

Another Recipe.—Boil 3 quarts of water, pour it into a jug, and let it remain until lukewarm; then pour in three pennyworth of oil of peppermint, sweeten with loaf-sugar to taste, and keep stirring until quite cold; then bottle.

PERFUMES.

The perfumes of different flowers may be extracted by a very simple process, and without any apparatus. Gather the flowers, the perfume of which you desire to obtain, with as little stalk as possible, and place them in a jar three parts filled with olive- or almond-oil. After twenty-four hours turn them out into a coarse cloth, and squeeze all the oil from them. Throw away the old flowers, and repeat the process with fresh-gathered flowers three or four times, according to the strength of the perfume desired. The oil being thoroughly impregnated with the volatile particles of the flowers, is then to be mixed with an equal quantity of pure rectified spirit, and shaken every day for a fortnight. It may then be poured off, when it will be found beautifully scented and fit for use.

PERPETUAL INK.

Ingredients: Pitch, 3 lb.; melt over the fire, then add lamp-black, 1 lb.; mix well. This is used in a melted state to fill the letters on tombstones, marbles, &c. Without actual violence, it will endure as long as the stone itself.

PERSIAN BALM FOR RESTORING THE HAIR TO ITS ORIGINAL HUE.

This is not a hair-dye, as it will not alter the original colour of the hair, and has no effect on hair off the living body. It is a balm which promotes the natural secretions of the head that nourish the hair. It is perfectly harmless, and does not stain either the skin of the head or the brush. We cannot give the recipe for making it, for it is a secret; but as we have reason to believe that it is by far the best and most natural of all the nostrums advertised for restoring hair and preventing its turning grey, we have noticed it here. It is prepared by Mr. J. Lee, chemist, of Kimberley Terrace, Great Yarmouth.

PERSPIRING HANDS.

The only effective method of preventing excessive perspiration in the hands is to mix club-moss in the water when washing them. They should be washed two or three times a day in tepid water, with the club-moss, which need only be used fresh every morning.

PEWTER, TO CLEAN.

Ingredients: 1 lb. of neat's-foot oil, 1 oz. of water of ammonia, powdered rotten-stone.—*Mode:* Put the oil and ammonia into a basin, and stir into them as much rotten-stone as will make a thick paste. This paste may be kept in a jar for use. Wash the pewter vessel in soap-and-water, dry it, rub well with the paste, and polish with a soft leather.

PICKLES.

Almost all bought pickles, and especially those bottles of pickles so attractive from their bright green colour, are more or less impregnated with copper, and consequently more or less poisonous. There is no security except in home-made pickles; and these should on no account be prepared in copper vessels. The presence of copper in pickles may very readily be detected by cutting up some of the ingredients very small with an ivory knife, and pouring over them a little weak ammonia or hartshorn. If a blue colour be produced, it is quite certain that the pickles contain copper, and they should at once be rejected. It would be out of place here to give recipes for different sorts of pickles to be made at home. These will be found, with the fullest instructions, in Mrs. Beeton's "Dictionary of Every-day Cookery." We need only here repeat the caution that those who value good health should abstain from bought pickles and use none but those that are home-made.

PICKLES, TO KEEP GOOD.

The making of pickles, as the making of jams, &c., belongs to the art of cookery, and the reader is therefore referred to the "Dictionary of Every-day Cookery," where full information upon this point will be found; all that is here required are advice and instruction as to how they may best be kept good after they have been made. Stone jars or glass bottles are decidedly the best things to hold pickles. They should never be put into glazed jars if they are to be kept any time. They should also always be not only bunged down closely, but have the bungs covered over with a bladder or brown paper. The sort of vinegar used is a matter of the greatest importance. Cheap and indifferent vinegar will not do for pickles. There is always so much moisture in the vegetables used, notwithstanding all the drying which is given them, that the vinegar must be sufficiently strong to counteract it. French vinegar is the best, and next to this good home-made English. Pickles contained in jars should be entirely covered with the vinegar. If any small piece of pickle remains above, it will soon become mouldy, and spoil all the rest. Pickles require frequent attention. If the jars are not untied and looked to, at any rate they ought to be shaken once a month. Never attempt to store the jars except in a very warm, dry place. Damp is almost more injurious to pickles than to jams; if the store-room be not dry enough, a closet in the kitchen, where there is always a fire, will be the best place. Some pickles keep far better than others. Walnuts and onions are, in general, the best in this respect. Do not have a very large quantity of any pickles in use at a time. Remove from the jars into pickle-glasses what is wanted for a few weeks' supply; using for the purpose a wooden or silver spoon: never put an iron spoon into vinegar.

PICTURE VARNISH.

Take 1¼ lb. of very clean mastic, 1 lb. of clean glass pounded coarsely, and 1 gallon of spirits of turpentine. Put them into a large tin can, and shake them well several times a day for four or five days; then leave the can to settle, and pour off only what is quite clear: the can will require several months to settle properly.

PIGEONS, FOOD FOR.

Common pigeons are usually left to take food where they can get it, especially if kept in a farm-yard, where they will be likely to find plenty of waste corn and pulse; but in other situations, it will be advisable to feed them, at least occasionally, especially before the time of going to roost, lest they should stray to a distance in search of provisions, and be killed or lost. Fancy pigeons require more frequent and regular supplies of proper food, according to circumstances. They will take any sort of grain, as wheat, barley, oats, canary- or hemp-seed; and also peas, beans, vetches, or tares. It is

said that no food is more acceptable to them than tares, when they are old, and have been well preserved. But new tares should be given sparingly, especially to young pigeons. Small tick-beans, called, in some places, pigeon-beans, are considered the next best kind of food, and *the smaller they are the better*. It has been recommended to mix tares, tick-beans, and grey peas,—a mixture known by the name of Scotch-meat, with which some fanciers feed their pigeons; but where it is used, care should be taken not to have large beans; the small tick-beans—not horse-beans—are the proper kind. Pigeons are extremely fond of hemp-seed; but this forms a stimulating kind of diet, and therefore should be used only occasionally, in frosty or very wet weather, and with caution, according to circumstances. Pigeons appear very partial to lime or chalk; and it is advisable to furnish them, now and then, with some pieces broken into small fragments. These birds are of warm temperament, and acidity in the stomach, arising from impaired action of the digestive organs, may be thus cured or prevented; besides which, lime seems not only essential to the preservation of their health, but also for the formation of the shell of the egg.

PILES.

A very simple and excellent remedy for this disagreeable complaint is to roll up common pitch into small pills, and take five or six of them every day till the complaint has ceased. A useful ointment for piles is made of 1 oz. of spermaceti ointment, 30 drops of extract of saturn, and 2 drachms of laudanum, mixed together; or if the tumours are very bad, use an ointment of 2 drachms of Aleppo galls powdered, and ½ a drachm of powdered opium, mixed with 1 oz. of spermaceti ointment.

Another Recipe.—Ingredients: 4 oz. of powder of elecampane, 4 oz. of black pepper, 6 oz. of fennel-seed, 8 oz. of honey, 8 oz. of sugar.—*Mode:* Mix the above into a powder or paste, and take a spoonful two or three times a day.

PINEAPPLE JULEP (an American Drink).

Ingredients: 1 pineapple, 2 oranges, ¼ pint of raspberry syrup, ¼ pint of gin, ¼ pint of maraschino, a bottle of sparkling moselle, 1 lb. of ice in shavings.—*Mode:* Peel the pineapple, which should be quite ripe, slice it, and cut it again into small pieces into a bowl; add to it the clear juice of the two oranges, the syrup, the maraschino, and gin; then put in the ice, and, last of all, the bottle of moselle. Serve it in flat champagne glasses.

PINEAPPLE SYRUP.

This can most economically be made when pineapple chips are made, as the syrup in which the chips have been boiled may then be used. If the flavour be not strong enough, add another pineapple in slices, and boil the syrup till it is reduced to the proper consistence. Strain out the slices, and bottle for use.

PINK DYE.

Safflower, previously washed in water until it ceases to give out any colour, and dried, 8 oz.; subcarbonate of soda, 2 oz.; water, 2 gallons. Infuse, strain; add French chalk, 4 lb., scraped fine with Dutch rushes, and precipitate the colour upon it with citric or tartaric acid. This dye is for silk.

PIP.

This is a troublesome and somewhat fatal complaint, to which all domestic poultry are liable; it is also a very common one. Some writers say it is the result of cold; others, that it is promoted by the use of bad water. But, whatever the cause, the disease is easily detected. There is a thickening of the membrane of the tongue, particularly at the tip; also a difficulty in breathing; the beak is frequently held open, the tongue dry, the feathers of

the head ruffled, and the bird falls off its food; and, if neglected, dies. The mode of cure which, if put in practice in time, is generally successful, is to remove the thickened membrane from the tongue with the nails of the fore-finger and thumb. The process is not difficult, for the membrane is not adhesive. Then take a lump of butter, mix into it some strong Scotch snuff, and put two or three large pills of this down the fowl's throat. Keep it from cold and damp, and it will soon recover. It may, perhaps, be necessary to repeat the snuff balls. Some writers recommend a mixture of butter, pepper, garlic, and scraped horseradish; but we believe the Scotch snuff to be the safest, as it is the most simple.

PIPE COLLARS.

This is a most excellent contrivance to prevent choking in horses. The collar is made with a small hollow, or pipe, as it is called, to allow freedom to the windpipe, and remove all pressure from it. Horses put to heavy draught, especially when going up hill, are very liable to choke from the pressure of the collar upon the windpipe; and when this occurs, unless immediate relief be given by removing the pressure, the horses frequently fall and die suddenly. This danger is entirely removed by using the pipe collar. Collars for farm-horses should always be so made.

PITTING FROM SMALL-POX, &c., TO PREVENT.

The following treatment has been found very successful in preventing those fearful marks which small-pox and other like diseases so often leave behind:—With a camel-hair brush apply to each spot or pustule on all exposed surfaces of the face and person a little acetum cantharidis, or any vesicating fluid. As soon as blistering is evident by the whitening of the skin in the parts subjected to the application, the fluid producing it must be washed off with warm water or very thin arrowroot. The pain of this application is very slight and very transient, the benefit of it immense and permanent.

PLASTER CASTS OF BRACKETS, &c., TO COLOUR LIKE OAK.

Saturate the cast with oil, and size it twice; then rub down in a saucer asphaltum with water till it is liquid, adding a few drops of spirits of wine to soften it. Lay the liquid on the plaster with a full soft brush, so as to imitate the graining of oak. When dry, varnish it. After two coats of good copal varnish, it will wear for years, and can be cleaned, when needed, by washing with soap-and-water.

PLASTER CASTS AND BRACKETS, TO GILD.

Plaster is of so porous a nature, that it requires careful preparation before any attempt is made to gild it. Place the cast or bracket on an old tray, and with a piece of sponge, or a pledget of tow tied to the end of a small piece of stick, give it a good dressing all over with olive-oil. In an hour or two this first dressing will have been absorbed, and the operation must be repeated until the plaster is tolerably saturated, or, at any rate, ceases to absorb so rapidly. When this is the case, leave it twenty-four hours to dry; then dissolve patent soluble size—a piece about the size of an egg to two tablespoonfuls of water—and with a soft brush give an even coating of this to the plaster, again leaving it to dry. Japanner's gold-size must be the next dressing; one good even coating of this will be enough, and, when it is dry, which, under ordinary circumstances, will be in about ten minutes, the gold-leaf may be applied. For this a couple of full soft brushes will be needed. The gold-leaf will, of course, be in books, and, to avoid waste and to facilitate the cutting of it, the books should be interleaved with smooth tissue-paper, so that the gold-leaf is protected on both sides, and, when it

is necessary to cut it, the shape may be pencilled in, and the cutting made through the two tissue-papers. What is called a gilder's tip, which may be purchased at any colourman's, will be found very useful in laying on the gold-leaf. When every part of the plaster is covered, all superfluous bits of gold-leaf must be swept off with a clean soft brush, and the work may be burnished, where desired, with a common hook-shaped pebble, or agate burnisher. No attempt must be made at burnishing until the gilding is perfectly dry and set, and then the touch must be gentle, even, and continuous, with no more pressure than the weight of the implement. After all is complete, a thin coating of copal varnish will be found of great benefit. It will preserve the work; for, after varnishing, it may, at any time, be washed and cleaned.

PLASTER CASTS OF LEAVES AND FLOWERS.

By the following simple process perfect casts may be taken of any leaves or flowers:—Let the leaf or flower, as soon as gathered, be laid in its most natural position on a bed of fine-grained sand, with that surface uppermost which is to form the cast, and so banked up with sand as to be perfectly supported. Then, by means of a camel-hair brush, cover it with a thin coating of wax and Burgundy pitch rendered fluid by heat. The leaf so covered must be removed from the sand, and dipped in cold water. This will harden the wax, and allow the leaf to be removed without altering its form. The wax mould is now to be placed in moist sand, and supported, as the leaf was in the first instance. Cover this mould with plaster of Paris made thin, taking care that the plaster be nicely pressed into all the interstices of the mould by means of a camel-hair brush. As soon as the plaster has set, the warmth thus produced softens the wax, which, by the moisture of the plaster, is prevented from adhering to it, and which, with a little dexterity, may be rolled up and completely removed from the cast without any injury. Casts so obtained are very perfect, and make excellent models.

PLASTER OF PARIS CASTS, TO VARNISH.

Of white soap and white wax take each ½ oz.; of water, 2 pints; boil them together for a short time in a clean vessel. This varnish is to be applied, when cold, by means of a soft brush. It does not sink in; it readily dries; and its effect may be heightened by lightly rubbing it with a silk pocket handkerchief.

PLATE, TO CLEAN (a very Excellent Method).

Wash the plate well, to remove all grease, in a strong lather of common yellow soap and boiling water, and wipe it quite dry; then mix as much hartshorn powder as will be required into a thick paste with cold water or spirits of wine; smear this lightly over the plate with a piece of soft rag, and leave it for some little time to dry. When perfectly dry, brush it off quite clean with a soft plate-brush, and

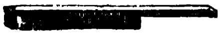


Plate-Brush.

polish the plate with a dry leather. If the plate be very dirty, or much tarnished, spirits of wine will be found to answer better than water for mixing the paste.

PLATE-POWDER.

Crumble 4 balls of good whiting, 2 pennyworth each of spirits of wine and camphor, spirits of hartshorn, and spirits of turpentine; mix all the ingredients together, and the whole is fit for use. Some quicksilver and a little turpentine should be first beaten up with a skewer in a large cup till as thick as salve, and left dry, a little of it being wetted with water when used.

The mixture should be rubbed on the plate with a soft leather, which must be carefully kept, as it gets the better for use. The quicksilver must be used very sparingly, as it makes the plate brittle, though it greatly improves the colour.

PLATE, TARNISHED.

Silver or plate articles may be very conveniently cleaned, if tarnished, by merely dipping them, when they are small, into a moderately concentrated solution of cyanide of potassium, and when they are large, by brushing the solution over the tarnished portions, then washing them well with distilled water, and afterwards drying them with a linen cloth.

PLAYING-CARDS, TO CLEAN.

Playing-cards are now so cheap that they are hardly worth the trouble of cleaning. Those who prefer cleaning their old ones can do so by mixing a little butter and flour into a paste, and with a piece of clean soft flannel rubbing the cards with it. After this, with another piece of flannel, let them rub them with flour alone.

POISONED WHEAT, FOR MICE AND SPARROWS.

Bruise ½ oz. of nux vomica, and boil it in a quart of water until reduced to 1 pint; strain off the liquor and soak in it about a pint of wheat; let it boil till the wheat cracks. The wheat will then be sufficiently impregnated with the poison, and can be strewed in the haunts of vermin.

POISONING.

The symptoms of poisoning may be readily distinguished from those of some diseases which they are very like, from the fact of their coming on *immediately* after eating or drinking something; whereas those of disease come on, in most cases at least, by degrees, and with warnings. In most cases where poison is known, or suspected, to have been taken, the first thing to be done is to empty the stomach, well and immediately, by means of mustard mixed in warm water, or plain warm salt-and-water, or, better, this draught:—20 grains of sulphate of zinc in an ounce and a half of water. This draught to be repeated in a quarter of an hour if vomiting does not ensue. The back part of the throat should be well tickled with a feather, or two of the fingers thrust down it, to induce vomiting. The cases where vomiting must not be used are those where the skin has been taken off, and the parts puched irritated and inflamed by th
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experience are required to use it properly.

Never allow the patient to fall off to sleep in an early stage, and before the arrival of the doctor. Drowsiness, which is very common in almost all cases of poisoning, may be counteracted by walking the patient about, or by occasionally dashing cold water in the face. Common salts, or ammonia, should be held to the nose, and frequent doses of ammonia, hartshorn, or sal volatile, about a teaspoonful in a little water, administered. Hot mustard flannels may be applied to the feet, if cold, and strong liniments to the back and spine.

Instead of more detailed instructions for the treatment of persons poisoned, we give here a simple list of the

Poisoning.

principal poisons, with their antidotes or remedies.

Oil of Vitriol...... Aquafortis............ Spirit of Salt.........	Magnesia, Chalk, Soap-and-Water.
Emetic Tartar	Oily Drinks, Solution of Oak-bark.
Salt of Lemons, or Acid of Sugar	Chalk, Whiting, Lime, or Magnesia and Water. Sometimes an Emetic Draught.
[illegible]	Pump on back, or Smelling-Salts to nose, Artificial Breathing, Chloride of Lime to nose.
[illegible]	...on-Juice and ...gar-and-...ater.
... ...ng's Yellow, or Yellow Arsenic ...	Emetics, Lime-Water, Soap-and-Water, Sugar-and-Water, Oily Drinks.
Mercury .... Corrosive Sublimate .... Calomel	Whites of Eggs, Soap-and-Water.
Opium .... Laudanum	Emetic Draught, Vinegar-and-Water, dashing Cold Water on chest and face, walking up and down for two or three hours.
Lead .... White Lead ...... Sugar of Lead ... Goulard's Extract	Epsom Salts, Castor-Oil, Emetics.

Poisonous Food.

Copper .... Blue-stone .... Verdigris............	Whites of Eggs, Sugar-and-Water, Castor-Oil, Gruel.
Zinc.................	Lime-Water, Chalk-and-Water, Soap-and-Water.
Iron.................	Magnesia, Warm Water.
Henbane........... Hemlock .... Nightshade...... .. Foxglove	Emetics and Castor-Oil; Brandy-and-Water, if necessary.
Poisonous Food...	Emetics and Castor-Oil.

POISONOUS FOOD.

It sometimes happens that things which are in daily use and mostly perfectly harmless, give rise, under certain unknown circumstances, and in certain individuals, to the symptoms of poisoning. The most common articles of food of this description are mussels, salmon, and certain kinds of cheese and bacon. The general symptoms are thirst, weight about the stomach, difficulty of breathing, vomiting, purging, spasms, prostration of strength, and in the case of mussels more particularly, an eruption on the body, like that of nettle-rash. — *Treatment:* Empty the stomach well with an emetic and warm water, and give two tablespoonfuls of castor-oil immediately after. Let the patient take plenty of arrowroot, gruel, and the like drinks, and if there is much depression of strength, give a little warm brandy-and-water. Should symptoms of fever or inflammation follow, they must be treated as directed in the articles on other kinds of poisoning.

The following preparations, which are constantly given to children by their nurses and mothers, for the purpose of making them sleep, often prove fatal :—*Syrup of Poppies and Godfrey's Cordial.* The author would most earnestly urge all people caring for their children's lives, never to allow

any of these preparations to be given, unless ordered by a surgeon.

Mushrooms, and similar kinds of vegetables, often produce poisonous effects. The symptoms are various; sometimes giddiness and stupor, and at others pain in, and swelling of, the belly, with vomiting and purging, being the leading ones. When the symptoms come on quickly after taking the poison, it is generally the head that is affected. —The treatment consists in bringing on vomiting in the usual manner, as quickly and as freely as possible. The other symptoms are to be treated on general principles: if they are those of depression, by brandy-and-water or sal-volatile; if those of inflammation, by leeches, fomentations, fever-mixtures, &c. &c.

POMADE, DIVINE, TO IMPROVE THE COMPLEXION.

Materials: 12 oz. of beef marrow, rose-water, ¼ oz. cloves, ¼ oz. cinnamon, ¼ oz. storax, ¼ oz. benzoin, ¼ oz. orris-root.—*Mode:* Steep the marrow in water for 10 days, changing the water every day; then steep it in rose-water for 24 hours, drain it as dry as possible, and put it into an earthen pot, which should not be more than half full. Mix the other ingredients together, strain them and add them to the marrow; then place the pot in a saucepan of boiling water, in which it should be kept three-quarters of an hour; it must then be strained through muslin into small glasses or pots for use. It is better for age. This preparation is for eruptions and disorders of the skin, to remove freckles, sunburns, &c.

POMADE, EXCELLENT, FOR THE HAIR.

Ingredients: 3 oz. of olive-oil, ¾ drachm of the oil of almonds, 2 drachms of palm-oil, ½ oz. of white wax, ¼ lb. of lard, and ¾ of a drachm of the essence of bergamot. This pomade is excellent for strengthening the hair, promoting the growth of whiskers and moustaches, and preventing baldness.

POMADE FOR THE HANDS.

Take ¼ lb. of soft soap, a gill of salad-oil, 1 oz. of mutton tallow, and boil them till they are thoroughly mixed; after the boiling has ceased, but before it is cold, add 1 gill of spirits of wine and a grain of musk. The hands should be rubbed over with this preparation previous to going to rest, and large gloves should at the same time be used. One application will effect little, but the continuance of this cosmetic will produce a good complexion for the hands.

POMADE TO PROMOTE THE GROWTH OF THE HAIR.

Ingredients: 1½ oz. of castor-oil, 2 oz. of oil of sweet almonds, ½ oz. of spermaceti, and 60 drops of tincture of cantharides.

POMATUM.

Ingredients: 1 pint of very fresh oil of sweet almonds, 1½ oz. of spermaceti, 2 oz. of hog's-lard or clarified beef marrow.—*Mode:* Set the oil in a pipkin over a slow fire and gradually melt the other ingredients into it, stirring it well. When the whole is melted, pour it into a basin, and when almost cold stir into it any essential oil, as bergamot, &c., with which you design to scent it; then put it into bottles, and keep it well corked for use. If at any time it is necessary to melt the pomatum in a bottle, the best way to effect this is to set the bottle in a saucepan of hot water near the fire, having first removed the cork.

POMATUM, CHEAP AND GOOD.

Ingredients: 1 lb. of fresh hog's-lard, 1 lb. of mutton suet, 2 oz. of white wax, ½ oz. of essence of lemon, 1 oz. of gum-benzoin, and 60 drops of essence of musk.—*Mode:* Wash the lard and mutton suet well in elder-flower water, taking care that the suet is clear of all skin; pound the wax and gum-benzoin; place all these ingredients together in a saucepan and melt them over the fire; when nearly cold, stir in the essences,

and pour the pomatum off into pots for use.

PONEY PUNCH (an American Drink).

Ingredients: ¼ pint of rum, ¼ pint of brandy, a glass of sack, 1 teacupful of strong green tea, 3 lemons, 1 teaspoonful of essence of cinnamon, half a nutmeg grated, 1 bottle of chablis, ¼ pint of syrup.—*Mode:* Put into a bowl the brandy, rum, sack, and green tea, with the juice of three lemons, and peel of one, also the cinnamon and nutmeg. Mix the chablis and the syrup, make them quite hot and stir them for one minute into the other ingredients in the bowl; then strain, and serve in glass, either hot or cold.

PORT WINE.

Wine is subject to so much adulteration, that it is difficult to say whether what we purchase is the juice of the grape or not. There are, however, two tests of the age of port wine which are worth knowing, as they are practical and may be relied upon. The bead or froth formed on the surface while port wine is being poured into a decanter should be noticed. If the bead be dark-coloured, the wine is young; and the nearer the colour of the bead approaches to white the older the wine. Any one may ascertain this for himself by remarking the same wine after the lapse of a few years. Another test of fine old port, which is seldom known to fail, is this: the cork when it has had time to dry, say in about an hour after it has been drawn, should be covered on its surface, and on its sides also, with fine crystals of tartar.

PORTER CUP.

Ingredients: 1 bottle of porter, 1 pint of table ale, 1 glass of brandy, 1 dessert-spoonful of syrup of ginger, 3 or 4 lumps of sugar, half a nutmeg grated. —*Mode:* Put all the ingredients into a covered jug, and set it in ice or expose it to the cold for a short time. Just before it is to be used, stir in a teaspoonful of carbonate of soda. A sprig of borage may be added, or, if this cannot be had, a little of the fresh rind of a cucumber will form a good substitute.

POT-POURRI.

Ingredients: ¼ lb. of common salt, ¼ lb. of saltpetre, ¼ oz. of storax, half a dozen cloves, a handful of dried bay-leaves, a handful of dried lavender-flowers. Mix these well together to form the basis of the pot-pourri. It will last for years. Rose-leaves and the leaves of any other fragrant flowers gathered on dry days, may be added from time to time. If approved, powdered benzoin, chips of sandal-wood, cinnamon, orris-root, indeed any aromatic plant dried, may be mixed in.

Another,—a more expensive Recipe. —*Ingredients:* 2 pecks of damask roses, buds and blossoms; 1 handful each of violets, orange-flowers, and jasmine; 2 oz. of orris-root sliced, 2 oz. of gum-benjamin, and 2 oz. of storax; ¼ oz. of musk, ¼ lb. of angelica, sliced; 1 quart of red-clove gilly-flowers, 2 handfuls of lavender-flowers, ½ handful of rosemary flowers, ½ handful of bay-leaves, ½ handful of laurel leaves, 3 Seville oranges stuck full of cloves, then dried in a cool oven and pounded; ½ handful of knotted marjoram, and 2 handfuls of balm of Gilead dried.—*Mode:* Put all these ingredients into a deep china jar in layers, and strew each layer with a little bay-salt. Keep the jar covered quite close for some time. When opened, the perfume will be beautiful, and it will last a long while.

POULTICES.

Take the crumb of stale bread, pour boiling water upon it; after pressing out the water, place it upon a bit of clean old sheeting. Do not apply the poultice until you can bear the back of the hand upon it. This for general purposes is the best poultice. Linseed-meal poultices require very little water, but it should always be boiling. Add the water by degrees until the mass becomes of the consistency of soft dough.

POULTRY, HOW TO CHOOSE.

Young, plump, and well-fed, but not too fat poultry, are the best. The skin should always be finely grained, clear, and white, the breast full-fleshed and broad, the legs very smooth, the toes pliable, and easy to break when bent back; the birds must always be heavy in proportion to their size. This applies to fowls and to pigeons. As regards ducks and geese, their breast must also be very plump, the feet flexible and yellow: when they are red and hard, and the bills of the same colour, the skin full of hairs and coarse, the birds are old. For boiling, white-legged poultry must be chosen, because when dressed their appearance is by far more delicate; but dark-legged ones are more juicy and of better flavour when roasted. The greatest precaution ought to be taken to prevent poultry from getting at all tainted before it is cooked; unless the weather be very warm, it should be kept for a day or two at the least, and a great deal longer in the winter.—Pigeons are the better for being cooked the same day they are killed, for they lose their flavour by hanging ever so short a time. Turkeys are both tough and poor eating if not kept long enough. A goose should hang up for some days in the winter before it is wanted: the same rule applies to fowls in the cold season. Take great care to cook poultry thoroughly; for nothing is more revolting to the palate than underdone poultry.

POWDER FOR THE HAIR.

The substance of all powder for the hair is finely-pounded starch or farina. It may be scented with orris-powder, or with a few drops of any of the essential oils. Brown hair-powder is sometimes used. This colouring may be given by roasting the starch or flour carefully over the fire. No preparation is fit for use until it has been sifted through gauze or fine lawn.

PRESERVES, TO KEEP.

In Mrs. Beeton's *Dictionary of Every-day Cookery*, which formed the first volume of the *All about it* series, will be found ample information upon the making of jams, jellies, and other preserves; it is not, therefore, necessary, nor is it our intention, to repea the recipes there given, but to make some few observations upon what is requisite to be attended to in order that these different preserves may keep when made. The part of the storeroom selected for the reception of jams and preserves generally should be the driest possible. The least damp is most injurious to them. If the storeroom, therefore, is not at all times free from damp, it is far better not to intrust the jams, &c. to it, but to keep them in a closet near the kitchen fire. Storerooms in large houses have, or ought to have, a fireplace, so that on the breaking up of a frost or other such-like occasions of greater prevalence of damp than usual, a fire should be lit at once to counteract it; for there are many other things kept in a storeroom besides jams and preserves that will not endure damp. It is hardly necessary to open the pot of jam to determine whether it will keep or not, for if the outside of the pot feels in the least degree damp to the touch, we may be quite sure that the situation is a bad one. All the pots should be wiped at once with a dry cloth, and removed to drier quarters. Jams and preserves well made and stored in a favourable situation will keep good for years. They are not the better for long keeping, for the juice dries up with age, and some sorts of jams become a little candied. In the keeping of jams and preserves a very great deal depends upon the way in which they are covered down, and the sort of jars used. Long experience proves the use of white of egg and paper, as recommended by Mrs. Beeton, to be at once the most simple and the most safe method of covering over.

Preserves of all sorts then should be

kept from damp, in a cool and dry situation, and the pots covered with an egged paper, thus :—Cut a round of common white paper, about half an inch larger than the top of the jar, notch it all round, cover it well with white of egg, and press it well over the top of the jar. It will soon dry. Here all inconvenience of string is avoided, and the egged paper, if properly done, is impervious to damp. With regard to the jars, no jams or preserves intended to be kept long should be put into jars of the common brown earthenware. This material, although it will hold water well enough, is still very porous, and cannot resist atmospheric changes : the best jars are those made of well-glazed white ware. Even a cracked jar of this material, in cases of emergency, may be used with better chance of success than one of brown ware; for a piece of well-egged paper, carefully put over the crack, will render the jar air-tight. Many housekeepers, to avoid a little extra expense in buying a number of small jars, keep their jams in a few large ones This is, in our opinion, very false economy, for no jam keeps well after the pot is once opened, and there is frequently great waste, especially in small families, in finishing up a large jam-pot. It is also a mistake to suppose that small pots are inconvenient, from taking up so much room on the surface of the shelf in storing them; for, with proper management, they can be packed one upon another—not the smaller upon the larger, for they would burst the paper, but the next-sized larger on the smaller; and so on for three or four tiers; all jams and preserves of the same sort being set together and labelled. Those who prefer keeping jams in large quantities will find the large glass jars very much better than earthenware. All bottles and jars should be washed up as soon as they are empty, and returned to the store-room to be ready for another season. Never use new jars without first setting them, for ten or twelve hours, in cold water. It is almost unnecessary to remark that jars for fresh jams must be perfectly dry.

PRINTS, TO BLEACH.

Material: Diluted chloride. —*Mode:* Place the print or engraving in the chloride, leaving it in a longer or shorter time, according to the strength of the liquor. The paper of a bound book may be whitened in the same way, only care must be taken to open the book well and to make the boards rest upon the edge of the vessel in such a manner that the paper alone shall be dipped in the liquid. The leaves must be separated from each other, so that they may be equally moistened on both sides. The liquor assumes a yellow tint, and the paper becomes white in proportion ; at the end of two or three hours the book may be taken from the acid liquor and plunged into pure water, taking care that this touches both sides of the leaf. The water must be renewed every hour, to extract the acid remaining on the paper and to dissipate the smell.

PRUSSIC ACID, POISONING BY.

This poison is a thin, transparent, and colourless liquid, with a peculiar smell, which greatly resembles that of bitter almonds.

Symptoms produced in those who have swallowed it.—These come on *immediately* after the poison has been taken, and may be produced by merely *smelling* it. The patient becomes perfectly insensible, and falls down in convulsions; his eyes are fixed and staring, the pupils being bigger than natural; the skin is cold and clammy, the pulse scarcely perceptible, and the breathing slow and gasping.—*Treatment:* Very little can be done in these cases, as death takes place so quickly after the poison has been swallowed, when it takes place at all. The best treatment —which should always be adopted in all cases, even though the patient appears quite dead—is to dash quantities of cold water on the back, from the top

of the neck downwards. Placing the patient under a pump, and pumping on him, is the best way of doing this. Smelling-salts are also to be applied to the nose, and the chest well rubbed with a camphor liniment.

PUFF - POWDER, COMMON, FOR INFANTS AND CHILDREN.

Mix together equal quantities of very finely-powdered fullers' earth, and prepared chalk; wash the excoriated parts with a very soft sponge and warm soft water, drying them thoroughly with the softest rag. Then, with a common puff, or rabbit's tail, dust on the above powder. The powder may be scented if desired.

PUNCH.

Ingredients: 2 large lemons, ½ lb. of lump-sugar, ½ bottle of brandy, ½ bottle of rum, ½ bottle of port wine, 3 pints of hot water.—*Mode:* Rub some of the lumps of sugar well over the skins of the lemons, and put them and the remainder into a bowl; then add the juice, working all together with a spoon; pour on the hot water, the brandy, rum, and port wine, stirring all the time. Some persons prefer green tea to plain hot water, and some substitute ½ pint of porter for the port wine. If the punch is considered too strong with the above proportion of spirit, it can be reduced or diluted with more water.

Other Recipes.—1. Take 2 or 3 good fresh lemons, ripe and with rough skins, and some lumps of good sugar; grate a handful of the skins of the lemons through a bread-grater on the sugar; then squeeze in the lemons, bruise the sugar, and stir the juice well together, for much depends on the process of mixing the sugar and lemons. Pour on them 1 quart of boiling water, and again mix well together; add 1½ pint of brandy, and the same quantity of rum; stir up, strain through a sieve, put in 1 pint of syrup and 1 or 2 quarts of boiling water, or, what is far better,

3 pints of boiling water and 1 pint of warm porter, adding the froth of the porter last, and after the rest has been well stirred together. This gives a creamy appearance to the punch, while the porter itself adds much to its fulness of flavour.—2. Take 6 lemons and 2 Seville oranges; rub off the yellow rinds of 3 or 4 of the lemons with lumps of fine loaf-sugar, putting each lump into the bowl as soon as saturated with the oil and juice; then thinly pare the other lemons and Seville oranges, and put these rinds also into the bowl, adding plenty of sugar; pour on a very small quantity of boiling water, and then press the juice of all the fruit, and follow by a little more warm water. Make up to the above quantity of fruit, the sugar to 1½ lb., and the water to 1 gallon, making the whole about 5 quarts; to this add 1 quart of Jamaica rum and 1 pint of French brandy, or a greater proportion of spirit, if desired to be very strong.—3. To 1 teaspoonful of citric acid put ¼ lb. of sugar, 1 quart of water, nearly boiling, ½ pint of rum, ¼ pint of brandy, and a little lemon-peel, or, in lieu of it, a few drops of the essence of lemon may be added.

PUNCH A LA FORD.

Peel very thin 3 dozen lemons into an earthen vessel, add 2 lb. of lump-sugar, stir the peels and sugar together with a wooden spoon for nearly half an hour to extract the essential oil from the peels; then pour upon the peels some boiling water, and stir till the sugar is dissolved. Cut the lemons and squeeze out the juice, strain out the pips and pour boiling water upon them; after a time, strain this water into the earthen vessels, and pour in also half the quantity of lemon-juice. This sherbet should now be tasted, and more acid, or more sugar, added, as required. Strain it clear, and to every three quarts add 1 pint of cognac brandy and 1 pint of old rum. Bottle immediately. The punch so made

will keep for years, and is improved by age.

PUTTY.

Ingredients: 10 lb. of whiting, 1 lb. of white lead, boiled linseed-oil, a wine-glass of sweet oil.—*Mode:* Work up these ingredients with sufficient boiled linseed-oil to form a paste of the requisite consistence: the sweet oil prevents the white lead from hardening. All putty should be made some time before it is used, and sashes to be puttied should have one coat of paint, which will cause the putty to adhere more firmly. Old putty may be softened by applying rags dipped in a solution of caustic potash for some hours, or by rubbing a hot iron along the putty.

QUINSEY, OR ULCERATED SORE THROAT.

Those who suffer from these distressing maladies will find relief from an onion poultice made as follows:—Bake, or roast, till quite soft, three or four large onions, peel them quickly, and beat them quite flat with a rolling-pin; put them into a muslin bag that will reach from ear to ear and about three inches deep. Apply this bag to the throat as hot as possible. Keep it on night and day, using fresh ones as the strength of the onions becomes exhausted. The throat must be protected from cold when the poultices are removed.

QUINSEY, REMEDY FOR.

Ingredients: A teacupful of red sage-leaves, 1 quart of water, 4 table-spoonfuls of vinegar, honey to sweeten. —*Mode:* Boil the sage-leaves in the water for ten minutes, then add the vinegar, and sweeten it with honey to taste. In the early stage of the disease this may be used as a gargle, but when the quinsey is so far advanced as to render this operation impossible, then the sage-tea may be freely used to wash out the mouth and throat. It should be used warm.

RABBITS, TO JUDGE OF.

When old, rabbits have thick haunches, their ears are dry and tough, and their claws blunt; when young, the ears are fine and will readily tear, the claws are sharp, and the cheek-bone will yield to pressure.

RABBIT-SKINS, TO PREPARE.

Lay the skin on a smooth board, the fur side undermost, and tack it in every direction with tinned tacks. Dissolve 2 oz. of alum in a pint of warm water, and with a sponge dipped in this solution moisten the surface all over; repeat this every now and then for three days; when the skin is quite dry, take out the tacks, and rolling it up loosely the long way, the hair inside, draw it quickly backwards and forwards through a large smooth ring, or anything of a similar kind, until it is quite soft; then roll it the contrary way of the skin, and repeat the operation. Skins prepared thus are useful for many domestic purposes.

RANGES AND STOVES, CAST-IRON, TO POLISH.

Mix black lead with the white of eggs well beaten, so that it can be laid on with a painter's brush. When the stoves are cold and clean, cover the iron-work with this mixture, and rub it bright with a hard brush.

Another way.—Boil ¼ lb. of black lead with a piece of yellow soap, the size of a walnut, in a pint of table beer. With a painter's brush wet the iron-work with this mixture, and polish with a hard brush. Take care that the grate is clean before the mixture is applied.

RASPBERRY SYRUP.

Take ripe raspberries, pick them from the stalks, and boil them in a very small quantity of water for about one minute. Strain the juice, and for every quart add 1 lb. of loaf-sugar. Boil this in a preserving-pan very slowly over a clear, but not very fierce fire,

till it is reduced to a proper consistence. This syrup mixed with water forms a nice drink during hot summer weather, and in cases of sickness.

Another Recipe, cheap, and useful for flavouring, and as a summer drink.—To every quart of picked fruit add 1 lb. of sugar, and let it stand all night. Next morning boil it for half an hour, skimming well. Strain through a jelly-bag, add a little brandy to it; bottle and cork closely.

RASPBERRY VINEGAR (useful as a Cooling Draught in cases of Fever and Colds).

Ingredients: To every 3 pints of the best vinegar allow 4½ pints of freshly-gathered raspberries; to each pint of liquor allow 1 lb. of powdered loaf-sugar and 1 wineglassful of brandy.—*Mode:* Let the raspberries be freshly gathered; pick them from the stalks, and put 1½ pint of them into a stone jar; pour 3 pints of the best vinegar over them, let them remain for 24 hours; then strain the liquor over another 1½ pint of fresh raspberries; let them remain another 24 hours, and the following day repeat the process for the third time; then drain off the liquor without pressing, and pass it through a jelly-bag (previously wetted with plain vinegar) into a stone jar. Add to every pint of the liquor 1 lb. of powdered loaf-sugar, stir them together, and when the sugar is melted cover the jar; set it upon the fire in a saucepan of boiling water, and let it boil an hour, removing the scum as fast as it rises; add to each pint a glass of brandy; bottle it and seal the corks. This is an excellent drink in cases of fevers and colds; it should be diluted with cold water, according to the taste or requirement of the patient.

RATAFIA.

Ingredients: 2 oz. of peach, nectarine and apricot kernels mixed, ¼ oz. of bitter almonds, ½ lb. of white sugar-candy, 1 quart of brandy.—*Mode:* Blanch the kernels and the bitter almonds and put them into a bottle, pour upon them the brandy, and let them stand one month; then dissolve the sugar-candy in a cup of cold water, and add it to the brandy when strained from the kernels. After this filter the liquid through white blotting-paper and bottle it for use.

RATS, TO DESTROY.

Make a stiff paste with oatmeal, mixed with equal parts of ox-gall and oil of amber. Place pieces of this paste where rats resort, and set plenty of water near. The rats will eagerly eat the paste, which will induce such thirst that they will drink till they kill themselves.

RAZOR-PASTES.

The following pastes are useful to renovate razor-strops. Mix the finest powdered emery with lard or tallow, or take equal parts of jeweller's rouge, black lead, and clarified suet, or make a paste of 1 oz. of best putty-powder, 1 oz. of jeweller's rouge, ½ oz. scales of iron, 3 oz. of levigated Turkey-stone, and 1½ oz. of beef suet.

RED INK.

It is well known that a solution of carmine in caustic ammonia gives a fluid of a very beautiful tint. The following proportions are recommended:—Pure carmine, 12 grains; solution of ammonia, 3 oz. Place the carmine in a porcelain vessel; pour thereon the solution of ammonia; heat this over a spirit-lamp for a space of five to eight minutes, carefully managing the temperature so as not to boil; and to the solution thus formed add (continually stirring) 18 grains of powdered gum-arabic. When dissolved, the ink is ready for use. After using, the ink-stand must be well closed. Instead of using carmine, which is expensive, drop-lake (being a mixture of carmine precipitated with alum) may be employed, since the ammonia re-dissolves the carmine therefrom, and leaves the alumina.

RED INK FOR LINEN.

Take ½ oz. of vermilion and 1 drachm of salt of steel; let them be levigated with linseed-oil to the consistence required.

RED STAIN, FOR WOOD.

Archil, as sold at the shops, produces a very good stain of itself, when used cold; but if, after one or two coats being applied and suffered to get almost dry, it is brushed over with a hot solution of pearlash in water, the colour will be improved. This is the process adopted for bedsteads and common chairs.

REPAIRS.

On taking a house upon lease, the usual covenants are that the landlord puts all into thorough repair both inside and outside, and that the tenant keeps the inside in order during the term of his tenancy, while the landlord undertakes all outside repairs. The tenant's part generally includes papering and painting inside once during a seven years' lease, and the landlord's painting all outside work once every three years. Whatever specific arrangements are made should be carefully kept by both parties. The tenant ought not to neglect to keep in good order the house he occupies. His own comfort as well as character should prompt him to the due performance of what he has undertaken. Nor should the landlord neglect, or be allowed to neglect, his part of the engagement. The tenant asks no favour when he requires necessary outside repairs to be attended to, and if the landlord refuses or neglects his duty, the tenant is perfectly justified in having the repairs done under estimate, paying for them and deducting the amount from his rent. It is, however, as much the interest of the tenant as of the landlord to avoid any collision, and the former should never undertake the responsibility of any repairs which he is not quite certain are absolutely necessary; again, it is also equally impolitic in a landlord not to keep his property in proper order, and not to make a good tenant, who pays rent punctually, in every way comfortable.

RETCHING, TO STOP.

Take half a wineglass of pure lemon-juice, mix with it just sufficient salt of tartar to destroy the acidity. Give a teaspoonful of this frequently till the retching ceases.

RHEUMATISM.

A painful disorder, very common in this country, which attacks chiefly the larger joints, the shoulders, knees, elbows, &c. It may be chronic or acute. It seems to arise from the inflammatory action induced by exposure to damp and cold upon a certain condition of the blood, and generally attacks persons of a plethoric habit of body at the middle period of life, and, once begun with an acute attack, often continues at intermittent periods throughout the rest of life in a lasting or chronic form. In whatever form it occurs, the same or similar remedies are useful in its cure or alleviation, though applied in different cases, modified by the circumstances and symptoms most urgent. *Acute*, commonly called *rheumatic fever.*—This very painful disorder sometimes attacks a person so suddenly, that he goes to bed without pain, and wakes in agony with an attack of acute rheumatism; yet, generally speaking, it gives notice of its approach some days previously, by general uneasiness, giddiness, headache; then succeed shiverings, alternating with flushes of heat, quickness of pulse, hot skin, thirst, and a sense of fatigue; afterwards is felt a gnawing pain in one or more of the large joints, progressively becoming more severe, until the slightest movement occasions the greatest pain. It shifts often from one joint to another, fever increases, and the patient cannot move or bear the slightest touch. After a fortnight the fever subsides, and the joints either very gradually and slowly recover their

tone, or the disease assumes the chronic or lasting form.—*Remedies:* In acute rheumatism, blood-letting by the application of from ten to twenty leeches to the most painful joint is a most useful and valuable remedy. The bowels should be kept open by mild laxative medicines, and the bleeding assisted by a mixture of emetic tartar, 2 grains; tincture of henbane, 2 drachms; water, 6 oz. The whole to be taken in the course of the day, one or two tablespoonfuls at a time. The joints most affected may have fomentations of poppy-heads, henbane-leaves, &c., applied; or a poultice of linseed-meal and laudanum much alleviates the gnawing pain. If only one or two joints are affected, cold bathing, and the application of cold cloths and cold lotions, tend to moderate the pain and reduce the inflammation; but where the disease wanders from one joint to another, such treatment is dangerous, as it may drive it to the heart, or other important organ. Rubbing the painful joints with camphor dissolved in ether rapidly alleviates the pain; also, moistening the joint two or three times a day with a feather dipped in a solution of the hydriodate of potash, has been found very serviceable. The following remedies have each their popular advocates:—1. Take at bedtime, for some days, ½ oz., or from that to 1 oz., of the volatile tincture of guaiacum, in a teacupful of water gruel.—2. Take of raspings of guaiacum-wood ½ lb., liquorice-root 1 oz., sassafras ½ oz., coriander-seeds 3 drachms, limewater 3 quarts. Infuse two days, without heat, and strain off the liquor. Take from 4 to 6 oz. twice a day.—3. Take of flowers of sulphur and flour of mustard, of each ½ oz.; honey or treacle, a sufficient quantity to form an electuary. The size of a nutmeg to be taken several times a day, drinking after it a quarter of a pint of the decoction of lovage-root.

Rheumatism is confessedly one of those complaints the thorough knowledge of which and of its remedies has not yet been attained by the medical profession. It does not, like most other complaints, yield to prescribed remedies, and frequently defies them all. A great many modes of cure have, in some cases, to be tried before the right one is hit upon, and not unfrequently the complaint is left to wear itself out in time. Everybody has a nostrum for rheumatism, and some of these are, of course, more successful than others. A very simple one, and, where the pain is obstinate and in the upper part,—head, shoulders, &c., a very good one, is to chew, occasionally, about a teaspoonful of mustard-seed, at the same time keeping the digestion in proper order, and abstaining from wine and all malt liquor, also vinegar and pickles. If any stimulant be taken, it should be weak gin-and-water, or weak brandy-and-water. The part affected should also be kept in moderate exercise.

Another.—Rub well the part affected with an embrocation made of the whites of 2 eggs, 2 tablespoonfuls of brandy, and 2 tablespoonfuls of salad-oil. After rubbing, be careful to cover up the part with flannel or cotton-wool.

Another.—Relief may frequently be obtained by bathing the part affected with water in which potatoes have been boiled, using the water as hot as possible; or, by gently rubbing the part for some time with an embrocation made of equal parts of myrrh, arquebusade-water, and tincture of bark.

RHUBARB WINE.

When the green stalks or stems of the rhubarb have arrived at their full size, pluck them from the plant; then cut off the leaves and throw them away; bruise the stalks or stems in a large mortar, or by other convenient means, so as to reduce them to a pulp; put this pulp into an open vat or tub, and to every 5 lb. weight of the stalk or stem add 1 gallon of cold spring water. Let it infuse for three days, stirring it three or four times a day; on the fourth day press the pulp in the usual manner,

and strain off the liquor, which place in an open vat or tub, and to every gallon of this liquor add 3 lb. of white loaf-sugar, stirring it until the sugar is quite dissolved; then let it ferment; in four, five, or six days, the fermentation will begin to subside, and a crust or head will be formed, which is to be skimmed off, or the liquor drawn from it, just when the crust or head begins to crack or separate; after this put the wine into the cask, but do not then bung it down. If it should begin to ferment in the cask, rack it into another cask; in about a fortnight bung down the cask, and let it remain till the beginning of the month of March in the next year, then rack it, and again bung down the cask; but if, from continued slight fermentation, the wine should have lost any of its original sweetness, then put into the racked wine a sufficient quantity of loaf-sugar to sweeten it, and bung down the cask, taking care in all cases that the cask should be full. In a month or six weeks it will be fit to bottle, and in the summer to drink; but the wine will be improved by remaining a year or more in the cask after it has been racked.

RIBBONS, TO CLEAN.

Ingredients: ½ pint of gin, ½ lb. of honey, ½ lb. of soft soap, ½ pint of water.—*Mode:* Mix the above ingredients together; then lay each length of ribbon upon a clean kitchen table or dresser, and scrub it well on the soiled side with the mixture. Have ready three vessels of cold water; take each piece of ribbon at two corners, and dip it up and down in each vessel, but do not wring it; and take care that each length has one vessel of quite clean water for the last dip. Hang it up dripping for a minute or two, then dab it in a cloth, and iron it quickly with a very hot iron.

Another.—Wet the ribbon in alcohol, and fasten one end of it to something that will hold it firm; hold the other in your hand, keeping the ribbon out straight and smooth; rub it with a piece of Castille soap until it looks decidedly soapy; then rub hard with a sponge, or, if much soiled, with the back of a knife, keeping the ribbon dripping wet with alcohol. When you have exhausted your patience, and think it must be clean, rinse thoroughly in alcohol, fold between cloths, and iron with a hot iron. Do not wring the ribbon; if you do, it will get creases in it that you cannot remove.

RINGWORM.

When the disease does not come from direct contagion, children are generally in a poor state of blood, and good living, sea air, and tonic medicines are of great benefit. The following application will frequently be found of much service:—Wash the part affected with a little lemon-juice; then rub in with the finger a little gunpowder which has been bruised in a mortar. Do this gently about twice a day. Be very careful not to make the skin sore.

RINGWORM, CURE OF.

Take of subcarbonate of soda 1 drachm, which dissolve in ½ pint of vinegar. Wash the head every morning with soft soap, and apply the lotion night and morning. One teaspoonful of sulphur and treacle should also be given occasionally night and morning. The hair should be cut close, and round the spot it should be shaved off, and the part, night and morning, bathed with a lotion made by dissolving a drachm of white vitriol in 6 oz. of water. A small piece of either of the two subjoined ointments should be rubbed into the part when the lotion has dried in. No. 1.—Take of citron ointment, 1 drachm; sulphur and tar ointment, of each ¼ oz.: mix thoroughly, and apply twice a day. No. 2.—Take of simple cerate, 1 oz.; creosote, 1 drachm; calomel, 30 grains: mix, and use in the same manner as the first. Concurrent with these external remedies, the child should take an alterative powder every morning, or, if they act too much on the bowels, only every second day. The

following will be found to answer all the intentions desired :—

Alterative Powders for Ringworm.—Take of sulphuret of antimony, precipitated, 24 grains ; grey powder, 12 grains ; calomel, 6 grains ; jalap powder, 36 grains. Mix carefully, and divide into 12 powders for a child from one to two years old ; into 9 powders for a child from two to four years ; and into 6 powders for a child from four to six years. Where the patient is older, the strength may be increased by enlarging the quantities of the drugs ordered, or by giving one and a half or two powders for one dose. The ointment is to be well washed off every morning with soap-and-water, and the part bathed with the lotion before re-applying the ointment. An imperative fact must be remembered by mother or nurse,—never to use the same comb employed for the child with ringworm, for the healthy children, or let the affected little one sleep with those free from the disease ; and, for fear of any contact by hands or otherwise, to keep the child's head enveloped in a night-cap till the eruption is completely cured.

ROMAN LADIES' COSMETIC.

The following valuable recipe is taken from such an undoubted authority, and from one who was so great an admirer of female beauty in his day, that we may be quite sure it was in use among the ladies of ancient Rome :—

" Vetches and beaten barley let them take,
And with the whites of eggs a mixture make ;
Then dry the precious paste with sun and wind,
And into powder very gently grind.
Get hartshorn next (but let it be the first
That creature sheds) and beat it well to dust ;
Six pounds in all. Then mix and sift them well,
And think the while how fond Narcissus fell.
Six roots to you that pensive flower must yield,
To mingle with the rest, well bruised and cleanly peel'd.
Two ounces next of gum and thural seed,
And let a double share of honey last succeed.
With this, whatever damsel paints her face,
Will, brighter than her glass, see every grace."

The Roman damsels in the days of Ovid were wise enough, it seems, to use no ingredients which could endanger their health. It is a pity that their sisters of modern times are not willing to profit by their example.

ROOFING FOR OUTHOUSES.

Let tar be boiled in an iron pot ; get charcoal finely powdered, and mix it with the tar, by constantly stirring it till the whole is reduced to the state of mortar ; then spread it upon a boarded covering with a broad wooden trowel, to the thickness of one-fourth or fifth of an inch, and it will become hard and durable. Neither the heat nor cold of this climate will affect it. It is with this composition that the peasants of Sweden cover their houses.

ROOMS, TO COOL AND VENTILATE.

Make a wooden trough 6 or 8 feet long, 6 inches deep, and 3 inches wide, with a perpendicular support at each end about 7 feet high, the tops of the support being united by means of a cross-piece of wood. Arrange a few hooks at the bottom of the trough, and also on the top cross-piece ; then take a wet blanket, hook it on at top and bottom, and fill the trough with water. Evaporation will immediately take place, and by means of it the room will be kept cool.

ROSEWOOD FURNITURE.

This can only be kept in order by being *daily* wiped with a dry soft

cloth. It does not require rubbing, and no oil should be used to it. The great thing is to wipe off daily the oil which exudes from the wood.

ROSEWOOD STAINING.

Ingredients: ½ lb. of logwood, 3 pints of water, ½ oz. of salts of tartar. —*Mode:* Boil the logwood in the water till it is of a very dark red colour; mix in the tartar: use the liquid boiling hot. Give the work two or three coats, taking care that it is nearly dry between each. Finish off with a stiff flat brush, such as painters use in graining.

ROUGE.

Mix one part of the finest carmine powder with five parts of levigated chalk. This can be applied with a very soft brush or a piece of chamois leather. The Spanish ladies use a puff of cotton-wool which has been well saturated with tincture of cochineal or tincture of carmine. The Turkish beauties use a wash, of which the following are said to be the ingredients:—1 oz. of gum-benzoin, 1½ oz. of powdered red sanders, 2½ drachms of dragon's-blood, ½ pint of spirits of wine. Mix these for fourteen days, and then strain them into a phial.

ROUGHING HORSES.

The old-fashioned plan of turning up the shoe is a very bad and dangerous one. Many horses have done themselves great injury while standing in their stables with their shoes so roughed. The moveable calking answers every purpose. In frosty weather, every time a horse is fresh shod, the shoes should have holes drilled in them, one at each heel and one at the toe, to admit of the small iron calkings being screwed into them, when the horse has to travel on a slippery road. As soon as he comes into the stable the calking should be unscrewed, and put aside till again required for the road. The horse so roughed is in no danger of accident or injury.

ROUGHING HORSES FOR ANY EMERGENCY.

In our very variable climate frost often sets in so suddenly that there is little or no opportunity of having horses roughed in the usual way, which always takes some time, even when the farrier is close at hand. Whenever such is the case, the following simple plan is recommended:—With a chisel and hammer rough well the surface of the shoe. This operation, with the proper tools, may be easily and quickly performed. The hammer may be an ordinary one, but the chisel should be short and stout, of the best cast steel, and what is usually termed "diamond-pointed." With such tools, that might easily be carried in the pocket, any one may rough a horse sufficiently to carry him firm and safe upon ice for a long journey. Take up the horse's feet, one after the other, precisely as the farrier would, and, if the shoe is tightly nailed on, with the point of the chisel on the flat surface, inclining to the toe of the shoe, give sharp blows with the hammer, and you will raise projecting barbs or teeth, deeper cut than any on a farrier's rasp, and quite large enough to prevent all possibility of slipping upon the smoothest of ice. In the depth of winter, troopers, horse-artillerymen, cabmen, and others, who are often on the roads, should always carry such simple tools with them.

ROUP.

This is a general name for most of the glandular diseases of poultry. Specifically, however, it may be applied to a highly infectious disorder, caused partly by cold and excess of moisture, and partly, perhaps, by improper feeding and want of cleanliness. The usual symptoms of infectious roup are difficult breathing, gapes, fetid discharges from the mouth and nostrils, the eyes livid and swollen, with very imperfect vision. Fowls of all ages are subject to it; but the younger are more liable than the older. The complaint is very fatal,

and warmth seems to be the great essential in effecting a cure. The mouth, nostrils, and eyes should be kept clean by bathing with warm water, to which a little brandy or camphorated spirit may be added: a peppercorn in a pill of dough may be administered daily, and one mixed with butter given with the food. Mustard and grated ginger have also been used with success, administered separately as pills; but no internal stimulants appear to be of any avail unless a warm lodging is provided. The heat of the fire and careful nursing are of the first importance.

ROWLAND'S KALYDOR.

This is made by bruising 1 oz. of blanched bitter almonds with 5 grains of bichloride of mercury, and adding, by degrees, ½ pint of rose-water, triturating well, and straining through fine muslin.

RUM FLIP.

Ingredients: 1 quart of ale, 1 wine-glass of rum, 1 lemon, 6 or 8 large lumps of white sugar, a teaspoonful of grated ginger and nutmeg mixed, 4 new-laid eggs.—*Mode:* Rub off the rind of the lemon with the sugar, and put it into a jug with the spices and the rum; carefully break into the same jug the four eggs, and beat all together to a froth. Have ready the ale upon the fire, and when on the point of boiling, put it into a jug by itself. Froth it up into the jug containing the other ingredients, and pass all backwards and forwards till the flip is quite smooth and creamy. Drink it as soon as cool enough.

RUM SHRUB.

Ingredients: 1 dozen Seville oranges, 1 lb. of white sugar, 1 gallon of old rum.—*Mode:* Rub the lumps of sugar upon the rinds of the oranges, and put them into a large bottle. Squeeze out the juice of the oranges, strain and add it; then pour in the rum. In six weeks it will be ready for use. To insure perfect clearness, it should be filtered through paper and bottled.

RUMFUSTIAN, a Drink greatly approved.

Ingredients: 12 eggs, 1 quart of strong beer, 1 pint of gin, 1 bottle of sherry, 1 stick of cinnamon, 1 nutmeg, 12 lumps of sugar, the peel of 1 lemon. —*Mode:* Beat the eggs to a froth, and whisk them into the beer; to this add the gin: meanwhile, boil a bottle of sherry with the other ingredients, and as soon as they boil, mix both together. Serve quite hot.

RUPTURE.

The most common sort of rupture occurs in the groin. It is frequently the result of accident, and comes on very suddenly from over-exertion, or straining in moving heavy weights, &c. The patient should immediately lie down on his back, with his feet slightly raised. Sometimes the swelling will go back without any assistance; if it does not, and no medical aid is at hand, have the swelling pressed gently in an upward direction with the fingers, until it has returned to its proper place. The patient must be kept quite quiet for some time, or the swelling will be sure to return. He must also, ever afterwards, during the daytime, wear a properly adjusted truss. This is absolutely necessary, and cannot be omitted without great danger. The best trusses are White's Moc-main lever-trusses.

RUST, TO REMOVE FROM IRON.

Pound glass to a fine powder; having nailed some strong woollen cloth upon a board, lay upon it a strong coat of gum-water, and sift thereon some of the powdered glass; let it dry: repeat this operation three times, and when the last covering of powdered glass is dry, you may easily rub off the rust from iron with the cloth thus prepared.

RUST, TO REMOVE FROM POLISHED IRON.

The best method of removing rust from a polished grate, is to scrape down to a fine powder some Bath

brick, put it into a little oil, and rub the spots well with a piece of flannel dipped in the mixture; after which apply some whiting, also well rubbed in. This process must be repeated daily until all trace of the rust has disappeared. To prevent the grate or fire-irons from becoming spotted with rust, it is a good plan to rub them over with the fat from the inside of a fowl, and finish them off with whiting.

RUST, TO REMOVE FROM STEEL.

Cover the steel well over with sweet oil, leave it for a day or two, then use unslaked lime, and rub until all rust disappears.

RUST, TO PRESERVE IRON, STEEL, AND COPPER FROM.

To four-fifths of rectified spirits of turpentine add one-fifth of oil-varnish. Apply this mixture to the metal with a sponge. It will entirely prevent rust.

RUST, TO PREVENT.

Dilute fat-oil varnish with rectified spirits of turpentine, in the proportion of one-fifth of the former to four-fifths of the latter. Apply this diluted varnish with a piece of sponge to any articles of polished steel or other metal; they will retain their polish, and never rust. This varnish will be found very useful for surveyors' instruments, and philosophical instruments used on board of ship.

Another Recipe.—If rusty iron be rubbed with boiled oil in which some red lead has been mixed, on a warm day, the rusting process will be arrested.

RUSTED SCREWS AND NAILS.

It often happens that screws and nails become so rusted into wood that it is impossible to remove them without damage; whenever this is the case, pour a little kerosene over them, and after soaking a short time, the rust will give way. By the same application, nuts and bolts that have been fixed by rust for years may be made to turn. The kerosene soon penetrates the interstices.

SACHET TO SCENT LINEN IN DRAWERS.

Ingredients: ½ lb. of coriander-seeds, ½ lb. of damask-rose leaves, ½ lb. of calamus aromaticus, 1 oz. of mace, ½ lb. of orris-root, 1 oz. of cinnamon, ½ oz. of cloves, 4 drachms of powdered musk, 2 drachms of powdered white sugar, 3 oz. of lavender-flowers, and a few chips of rhodum-wood. — *Mode:* Pound all these ingredients well together in a mortar, and stuff small silk or satin bags with the mixture. This scent is delightful, and will last a long time. A much less expensive sachet may be made with only well-dried lavender-flowers stripped from the stalks.

Another Recipe.—*Ingredients:* ½ lb. of powdered orris-root, 6 grains of musk, ½ drachm of essence of lavender, ½ drachm of essence of bergamot, ½ drachm of essence of lemon.—*Mode:* Mix them all well together, and put the mixture into one or more silk or satin bags.

Another.—*Ingredients:* Finely-powdered starch, rose-pink powder, attar of roses, oil of rosemary and lavender. —*Mode:* Colour the starch with a little rose-pink powder, and perfume it with the other ingredients in any quantities, according to fancy. Put the scented mixture into little bags.

SAFFRON TEA, useful as an Antispasmodic.

Infuse a pinch of saffron in a quarter of a pint of boiling water for ten minutes; draw it off, and add to it a small glass of brandy or other spirits. Drink it hot.

SAGE WINE.

Boil 26 quarts of spring water a quarter of an hour, and when it is blood-warm, put 25 lb. of Malaga raisins, picked, rubbed, and shred, into it, with almost ½ bushel of red sage shred, and ½ pint of ale yeast; stir all

well together, and let it stand in a tub, covered warm, six or seven days, stirring it once a day; then strain it off, and put it in a cask. Let it work three or four days, and then bung it up. When it has stood six or seven days, put in a quart or two of Malaga sack, and when it is fine, bottle it.

SALTS OF LEMON, useful in removing Ironmould and Spots from Linen, &c.

Ingredients: 1 oz. of cream of tartar, ½ oz. of salts of sorrel.—*Mode.* Pound these ingredients very fine, and mix them well together. Be careful to keep them from damp.

SALVE FOR CHAPPED LIPS.

Ingredients: ¼ oz. of gum-benjamin, ¼ oz. of storax, ¼ oz. of spermaceti, twopennyworth of alkanet-root, a large juicy apple chopped, a bunch of common black grapes bruised, ¼ lb. of fresh butter, 2 oz. of beeswax.—*Mode:* Put these ingredients into a clean tin saucepan, let them simmer gently till the wax, &c., are dissolved; then strain through a sieve, and leave to cool. When cold, melt the salve again, pour it into pots or boxes, or make it up into cakes.

SAND SOAP, OR WASHBALLS.

1. Soap and siliceous sand, of each 1 lb.; perfume (any), a sufficient quantity.—2. Soap, 5 lb.; starch, 2 lb.; essence of orange or citron, 1 oz.; eau pour la barbe, 1 gallon. Beat together, and form into balls.

SARSAPARILLA, COMPOUND DECOCTION OF.

This medicine, most useful and necessary in all cases of impurity of the blood, is very expensive to buy, and may easily be made much more cheaply at home, by attending to the following recipe:—*Ingredients:* 1 lb. of bruised sarsaparilla-root, 1 gallon of boiling water, 1 oz. of sassafras-root sliced, 1 oz. of rasped guaiacum-root, 1 oz. of

bruised liquorice-root, and 1 oz. of bruised mezerion-root.—*Mode:* Pour the boiling water on the sarsaparilla in a large saucepan, let it simmer gently at the side of the fire two hours, adding, occasionally, a little water to make up for evaporation. Then add the sassafras, guaiacum, liquorice, and mezerion-roots; boil all together for a quarter of an hour, strain off the liquor and bottle it. The general dose is from 2 to 6 oz. three times a day, but the quantity is better regulated under medical advice.

SARSAPARILLA, EXTRACT OF.

This is another form of this valuable medicine, not generally so useful as the compound decoction. The extract is made by boiling 1 part of sarsaparilla in 16 parts of water until it is reduced to 10 parts; then pour off the clear, and add to the residue 6 parts of water. Boil this down to four; pour off the clear, and evaporate all the clear in a steam-heat.

SATINS AND SARCENETS, WHITE, TO CLEAN.

1. Lay these smooth and even upon a board, spread a little soap over the dirty places; then make a lather with Castille soap, dip a common brush into it, pass it over the long way, and repeat it in this manner till one side is sufficiently scoured; use the other sides in the same manner, then put the pieces into hot water, and let them lie till you have prepared some cold water, wherein a small quantity of gum-arabic has been dissolved. Now rinse them well, take them out and fold them, pressing out the water with the hands on the board, and keeping them under the hands till they are dry; at which time have brimstone ready burning to air them over till they are ready for ironing.—2. Mix sifted stale bread-crumbs with powder-blue, and rub it thoroughly all over the satin, then shake it well, and dust it with clean soft cloths. Afterwards, where there are any gold or silver

flowers, take a piece of crimson ingrain velvet, rub the flowers with it, which will restore them to their original lustre. —3. Pass them through a solution of fine hard soap, at a hand heat, drawing them through the hand; rinse in lukewarm water; dry and finish by pinning out. Brush the flossy or bright side with a clean clothes-brush the way of the nap. Finish them by dipping a sponge into a size made by boiling isinglass in water, and rub the wrong side. Rinse out a second time, and brush and dry near a fire, or in a warm room. Silks may be treated in the same way, but not brushed. If the silks are for dyeing, instead of passing them through a solution of soap-and-water, they must be boiled off; but if the silks are very stout, the water must only be of heat sufficient to extract the dirt, and when rinsed in warm water they are in a state for the dye.—4. Strew French chalk over them, and brush it off with a hard brush once or twice.

SCALD, TO CURE.

If the skin be not broken, immediately plunge the part into cold water, and keep it there for an hour or more, until all pain ceases.

SCALD HEAD.

This frightful complaint is generally the result of want of fresh air, of proper food, and of cleanliness. Cut off the hair at once as close as possible, apply hot water by means of spongio-piline till the scab softens and is removed; then dress the head with the following ointment.—*Ingredients:* 3 drachms of powdered sulphuret of potash, 3 drachms of subcarbonate of soda, 3 oz. of lard.—*Mode:* Mix the ingredients thoroughly together. The ointment may be rubbed in with a piece of soft rag, and the head afterwards covered with tissue-paper, which can be screwed up in the form of a cap. This covering is better than a muslin cap, as it can be removed and burnt every time the head is dressed. Another very good ointment for scald heads, and ringworm also, which is frequently used in France, is made as follows:—*Ingredients:* 4 drachms of pitch, 2 drachms of sulphate of mercury, 3½ oz. of hog's lard.—*Mode:* Melt and mix these ingredients, and after the spongio-piline has been used, apply the ointment to the head twice a day.

SCALD HEAD, TREATMENT OF.

Wash the head well every morning in a strong lather of turpentine soap, dry it and use to the affected places the following ointment:—Mix together 1 oz. of mercurial ointment, 1 oz. of spermaceti ointment, and 1 drachm of camphor.

SCALDS

The treatment of scalds is the same as burns. The exclusion of the air is of the first importance, for it keeps down inflammation and allays pain. There are many means always at hand to accomplish this. Cover the part well with sweet oil, or with a good coating of flour, put on with a common flour-dredger. Some persons recommend strongly alum-water, made in the proportion of 1 lb. of alum to a quart of water; bathe the scald with it, also saturate soft linen rag and keep it moistened upon the spot for a few days.

SCARLATINA, or SCARLET FEVER.

Though professional accuracy has divided this disease into several forms, we shall keep to the one disease most generally met with,—the common or simple scarlet fever, which, in all cases, is characterized by an excessive heat on the skin, sore throat, and a peculiar speckled appearance of the tongue.

Symptoms.—Cold chills, shivering, nausea, thirst, hot skin, quick pulse, with difficulty of swallowing; the tongue is coated, presenting through its fur innumerable specks, the elevated

papillæ of the tongue, which give it the speckled character, and which, if not the invariable sign of scarlet fever, is only met with in cases closely analogous to that disease. Between the *second* and *third* day, but most frequently on the *third*, a bright red efflorescence breaks out in patches on the face, neck, and back, from which it extends over the trunk and extremities, always showing thicker and deeper in colour wherever there is any pressure, such as the elbows, back, and hips. When the eruption is well out, the skin presents the appearance of a boiled lobster-shell. At first, the skin is smooth, but, as the disease advances, perceptible roughness is apparent, from the elevation of the rash, or, more properly, the pores of the skin. On the *fifth* and *sixth* days the eruption begins to decline, and by the *eighth* has generally entirely disappeared. During the whole of this period there is, more or less, constant sore throat.

The *Treatment* of scarlet fever is, in general, very simple. Where the heat is great, and the eruption comes out with difficulty, or recedes as soon as it appears, the body should be sponged with cold vinegar-and-water, or tepid water, as in measles, poured over the chest and body, the patient being, as in that disease, wrapped in a blanket and put to bed, and the same powders and mixture ordered in measles administered, with the addition of a constant hot bran poultice round the throat, which should be continued from the first symptom till a day or two after the declension of the rash. The same low diet and cooling drink, with the same general instructions, are to be obeyed in this as in the former disease.

When the fever runs high in the first stage, and there is much nausea, before employing the effusions of water give the patient an emetic, of equal parts of ipecacuanha and antimonial wine, in doses of from a teaspoonful to a tablespoonful, according to age. By these means nine out of every ten cases of scarlatina may be safely and expeditiously cured, especially if the temperature of the patient's room is kept at an even standard of about sixty degrees.

SCARLET GERANIUMS, TO PRESERVE THE OLD PLANTS THROUGH THE WINTER.

Take them out of the borders in autumn, before they have received any injury from frost, and let this be done on a dry day. Shake off all the earth from their roots, and suspend them, with their heads downwards, in a cellar or dark room, where they will be free from frost. The leaves and shoots will become yellow and sickly; but when potted about the end of May, and exposed to a gentle heat, they will recover and vegetate luxuriantly. The old plants, stripped of their leaves, may also be packed closely in sand; and in this way, if kept free from frost, they will shoot out from the roots, and may be re-potted in the spring.

SCENT FOR LINEN.

Take of damask-rose leaves, 1 lb.; musk, ¼ drachm; violet-leaves, 3 oz.; mix them, and put them in a bag.

SCENT FOR NOTE-PAPER, &c.

Ingredients: 1½ oz. of powdered starch, 4 drops of attar of roses, ⅛ oz. of powdered orris-root.—*Mode:* Mix these and put the mixture in little silk bags to be kept in the writing-desk.

Another.—Ingredients: 2 oz. of powdered orris-root, 10 drops of essence of bergamot, 12 drops of essence of ambergris.

Another.—Ingredients: ¼ oz. of dried orange-peel, ¼ oz. of dried bergamot, 2 oz. of cloves, ½ drachm of storax, 4 grains of ambergris, ½ drachm of benzoin, 10 grains of musk-seed, and 2 grains of musk. Any of the three above recipes will answer the purpose required.

SCORCHED LINEN, TO RESTORE.

Ingredients: 2 onions, ¼ oz. of white

soap, 2 oz. of fuller's earth, ½ pint of vinegar.—*Mode:* Extract the juice of the onions by pounding and pressing them; cut up the soap and fuller's earth, and boil all together. When cool, cover the scorched linen with this mixture, and let it dry. Wash the linen, and the scorches will disappear, if not so bad as to damage the texture.

SCOURING-CLOTH FOR RUSTY IRON.

Pound glass to a fine powder; then stretch some pieces of coarse woollen cloth on a board, and cover them with a strong coating of gum-water; sift upon this the finely-powdered glass, and let it dry. Repeat this operation three times. Any rusty iron may be readily cleaned by rubbing it with the cloths so prepared.

SCOURING DROPS.

Mix together 1 oz. of essence of lemon and ¼ oz. of oil of turpentine.

SCOURING IN POULTRY.

To this complaint, poultry, especially young fowls, in damp weather, and when fed on green vegetables and bad potatoes, are very subject. It is also a very fatal complaint. The proper course is an immediate change of food. Rice under such circumstances is peculiarly valuable; it should be boiled with chalk and given rather warm. Sulphate of iron may be mixed with the water they have to drink; or, alum dissolved in such proportions as to make the liquid taste a little rough to the tongue. The fowls should be kept on a dry sanded floor, and sheltered from the rain for a few days.

SCRATCHES.

Trifling as scratches often seem, they ought never to be neglected, but should be covered and protected, and kept clean and dry until they have completely healed. If there is the least appearance of inflammation, no time should be lost in applying a large bread-and-water poultice, or hot flannels repeatedly applied; or even leeches in good numbers may be put on at some distance from each other.

SCRATCHES IN VARNISH.

Scratches in varnish will entirely disappear, if a coarse cloth that has been well saturated with linseed-oil be laid over them. This simple remedy is invaluable to those who have the care of carriages and highly-polished furniture, &c.

SCURF IN THE HEAD.

Scurf in the skin of the head, and elsewhere, is a source of frequent annoyance, and it is likewise detrimental to cleanliness and neatness; it is occasioned by a morbid condition of the skin when there is a slight inflammation. This scurf is sometimes plentiful, and lasts for a long period; it often also disappears suddenly and spontaneously; no peculiar constitutional derangement accompanies its presence, and the scalp and hairy parts of the body are its exclusive seats. The most efficacious means of driving it away are soothing applications, alkaline warm baths, and rubbing the parts well with sweet oil. The internal remedies are purgatives and cooling salines. Those who are subject to scurf in the head should abstain from all stimulants, and particularly avoid local irritants, such as using hard brushes, fine-tooth combs, violent frictions, &c., which are certain to aggravate the complaint. Many persons, particularly ladies, when they imagine that their head is slightly scurfy, instantly fly to the tooth-comb and brush; but nothing is worse, or more likely to increase the quantity of scurf. When this is very obstinate, the following ointment should be used once a day:—Lard, 2 oz.; sulphuric acid, 2 drachms.

SEALING-WAX VARNISH.

Ingredients: Sealing-wax of any colour, ¼ lb.; spirits of wine, 4 oz.—*Mode:* Pound the sealing-wax as fine as possible, sift it, put it into a bottle with

the spirits of wine, let it stand near the fire for forty-eight hours, and shake it often. This varnish will be found useful for many purposes. It can be put on to wire baskets, which may thus be made with red varnish to look like coral. It is also useful to make cracked bottles and jars air-tight. In this case varnish the cracks over on the outside, place on them a piece of muslin or thin cloth, and again cover this well with the varnish.

SEA-SICKNESS.

Few ailments are more distressing than sea-sickness, and, unfortunately, there are very few less amenable to remedies. In our opinion, sea-sickness is more easily prevented than cured; for, when the attack has once begun, it is hardly possible to keep anything on the stomach. Those who are subject to this complaint should be careful, before they go on board, to take no food which is likely to turn acid. Dry hard biscuits and brandy-and-water are the best preparations for a sea voyage, and a little soda may be added to the latter with advantage: a recumbent posture as near as possible in the centre of the vessel is best. Those who can take any remedy may find benefit from the following mixture:—3 tablespoonfuls of camphor julep, 30 drops of ether, 6 drops of laudanum, 20 grains of magnesia. The dose may be repeated after four hours, if the sickness seems likely to return. The feet and hands should be kept warm.

Another Recipe.—Camphorated spirit, sal volatile, and Hoffman's ether, a few drops of each, mixed in a small quantity of water, or upon a small lump of sugar, have frequently afforded more relief than has been derived from all the various remedies extolled for this unpleasant sensation.

Another.—An India-rubber bag of ice placed down the spine is a certain preventive of sea-sickness. The ice should be renewed as required. This powerful preventive should not be resorted to without medical advice.

SEIDLITZ POWDERS.

1. Tartrate of soda, 1½ drachm; carbonate of soda, 1½ scruple (mix, and put it in a blue paper); tartaric acid, 35 grains, to be put into white paper: for ½ pint of water.—2. Tartrate of soda, 12 oz.; carbonate of soda, 4 oz.; tartaric acid, 3½ oz.; loaf-sugar, 1 lb.; all in fine powder. Dry each article separately by a gentle heat, and then add 20 drops of essence of lemon. Mix well, pass it through a sieve, and put it immediately into a bottle. A dessert-spoonful to a tumbler of water.

Another.—Ingredients: ½ drachm of tartaric acid, 2 scruples of carbonate of soda, 1 drachm of Rochelle salts, 5 grains of powdered ginger.—*Mode:* Put these ingredients into a large tumbler, pour on them rather more than ¼ pint of spring water; stir and drink while effervescing.

SERVANTS, HIRING OF.

Domestic servants, unless under a special agreement, are considered to be hired for a year, and their wages are payable quarterly. The relation between master or mistress and servants is a very important one. The former, by virtue of the hiring, covenant to provide suitable board and lodging, and the latter, on their part, to give up their whole time to their service, and, in relation to their employment, to obey all lawful orders. These are the general rules which regulate the relationship; but they admit of many modifications by special agreement. To avoid trouble and unpleasantness, the nature of the hiring and the amount of service to be rendered should always be thoroughly explained and understood before an engagement is concluded. This yearly hiring may at any time be determined by either party, upon notice or warning, to take effect after the expiration of one calendar month. If the master or mistress desires the servant to give up her situation at once without any notice, they must pay the servant a calendar month's wages; but they are not bound to pay board wages, nor to

make any compensation for lodging. All servants come to and leave their situation at their own expense; they have no claim for travelling expenses except under special agreement. No warning is necessary when servants misconduct themselves; for any act of gross immorality they may be discharged at once without warning and without payment of a month's wages; but unless the case be very bad against the servant, it is always desirable to pay the month's wages on dismissal. The law clearly recognizes that a servant's time is at his master's and mistress's disposal, and that he is bound to obey their lawful orders in the regular course of his employment: if, therefore, a servant is absent from the house without permission, he may be dismissed without warning; but in such a case it would be far better for the master to pay the month's wages when dismissing him. The case, however, would be very different if the servant were guilty of theft or any gross immorality: in this case one part of his punishment should be the loss of his wages. It is very false economy to discharge a dishonest or immoral servant without making him pay this penalty of his conduct. Bad servants are encouraged by such means.

SERVANTS, LIABILITIES OF.

It ought to be more generally known than it appears to be by domestic servants, that they are liable to be sued by their employers for injuries to property resulting from negligence, carelessness, or improper conduct; also that if they dispose of, or appropriate to their own use, anything belonging to their masters or mistresses, which has been placed under their charge, they may be indicted for stealing or embezzlement. They cannot, therefore, sell or give away, or in any way misappropriate, coals, kitchen stuff, garden produce, oats, hay, straw, or any other property, without their employer's consent. When intrusted with money for any purpose, if they withhold part of it, and do not faithfully perform the duty intrusted to them, they are looked upon in the eye of the law as guilty of stealing; also, to keep back what they ought to deliver, renders them liable to the same charge. This was proved in the case of the servant who burnt one out of several letters she received for the post-office from her master, and who was punished as a thief for the offence.

SHAVING LIQUID (very Excellent).

Ingredients: 1 oz. of fine sweet soap, ¼ oz. of salt of tartar, ½ pint of lavender-water.—*Mode:* Pound the soap in a mortar, and mix it thoroughly with the salt of tartar; then work in by degrees the lavender-water; when well mixed, strain the liquid, and keep it in bottles well corked. When required for use, add a few drops to a tablespoonful of water, and beat it into a lather.

SHAVING PASTE.

Ingredients: ¼ oz. of white wax, ¼ oz. of spermaceti, ¼ oz. of almond-oil, ½ lb. of Windsor soap, rosewater.—*Mode:* Reduce the soap to a paste with rosewater; well melt the wax and spermaceti in the almond-oil, and while warm beat all the ingredients together.

Another.—Ingredients: 2 parts oil of almonds, 2 parts white soap, 1 part common soda, 1 part rosewater. Melt these, and flavour them with any kind of scent.

Another.—Ingredients: 2 oz. of white soap, 2 oz. of white wax, 2 oz. of spermaceti, 2 oz. of sweet oil, 2 oz. of soda, ½ drachm of powdered cassia, ½ drachm of powdered cloves, 30 drops of bergamot, 5 drops of essential oil of almonds, rosewater.—*Mode:* Pound all these ingredients together, and mix them into a paste with the requisite quantity of rosewater; add the bergamot and oil of almonds last of all.

SHERBET.

Large quantities of this wholesome and refreshing preparation are manufactured and consumed every summer:

it is sold in bottles, and also as a powder, from which a beverage is made by dissolving a large teaspoonful in a tumbler two-thirds filled with water. Take ground white sugar, ½ lb.; tartaric acid and carbonate of soda, of each ¼ lb.; essence of lemon, 40 drops (all the powders should be well dried); add the essence to the sugar, then the other powders; stir all together, and mix by passing twice through a hair sieve. The powder must be kept in tightly-corked bottles, into which a damp spoon must on no account be inserted. All the materials may be obtained at a druggist's. The sugar must be ground, for, if merely powdered, the coarser parts remain undissolved.

SHERRY COBLER.—(This is one of the American Drinks.)

Ingredients: 1 tumbler of shaved ice, a spoonful of pounded loaf-sugar, 3 slices of a ripe orange, and 2 glasses of sherry.—*Mode:* Sprinkle the sugar over the slices of orange in the tumbler; then put in the ice, and pour the sherry over it. As the ice melts, drink it, through a straw if preferred.

SHIRT COLLARS, TO STARCH.

Make some gum-water of the whitest and cleanest gum-arabic, keep it in a bottle, and whenever collars are to be starched, work a little of this gum-water and also a little common soda into the starch. This will give an extreme stiffness and a beautiful gloss to the collars.

SHOCKS TO THE SYSTEM, FROM FRIGHT OR OTHER CAUSES.

These are of very frequent occurrence, and if severe, often prove dangerous, especially with females and persons of a nervous temperament. Persons suffering from any sudden shock should be very gently treated, placed in a recumbent position, with the head slightly raised; all pressure of dress should be removed, and a little warm brandy-and-water administered. If this does not produce a speedy recovery, let the patient be put into a warm bed and the feet especially kept warm by hot bottles. A teaspoonful of sal volatile in warm water may be given occasionally, but a medical man should at once be sent for.

SHOE BLACKING.

Ingredients: 12 oz. of ivory-black, 3 tablespoonfuls of sweet oil, 6 oz. of coarse brown sugar, 3 pints of vinegar, 3 oz. of spirits of salts, 3 oz. of oil of vitriol.—*Mode:* Mix these ingredients well together in the order in which they follow each other. When well mixed, pour the blacking into bottles, and keep them well corked till required for use.

SHOEING.

A horse should not be sent on a journey or any other hard work immediately after new shoeing; the stiffness incidental to new shoes is not unlikely to bring him down. A day's rest, with reasonable exercise, will not be thrown away after this operation.

SHORTNESS OF BREATH, or DIFFICULT BREATHING, TO RELIEVE.

Ingredients: Vitriolated spirits of ether, 1 oz.; camphor, 12 grains: make a solution, of which take a teaspoonful during the paroxysm. This is found to afford instantaneous relief in difficulty of breathing depending on internal diseases and other causes, where the patient, from a very quick and laborious breathing, is obliged to be in an erect posture.

Another Recipe.—Take equal quantities of flour of brimstone and elecampane root, finely powdered, and mix them into an electuary with clarified honey. Take a teaspoonful whenever the cough is troublesome or the breathing short.

SICK-NURSE, DUTIES OF THE.

All women are likely, at some period of their lives, to be called on to perform the duties of a sick-nurse, and should prepare themselves as much as possible, by observation and reading, for the occa-

sion when they may be required to perform the office. The main requirements are good temper, compassion for suffering, sympathy with sufferers, which most women worthy of the name possess, neat-handedness, quiet manners, love of order, and cleanliness. With these qualifications there will be very little to be wished for; the desire to relieve suffering will inspire a thousand little attentions, and surmount the disgusts which some of the offices attending the sick-room are apt to create. Where serious illness visits a household and protracted nursing is likely to become necessary, a professional nurse will probably be engaged, who has been trained to its duties; but in some families—and those not a few let us hope—the ladies of the family would oppose such an arrangement as a failure of duty on their part. There is, besides, even when a professional nurse is ultimately called in, a period of doubt and hesitation, while disease has not yet developed itself, when the patient must be attended to; and in these cases some of the female servants of the establishment must give their attendance in the sick-room. There are, also, slight attacks of cold, influenza, and accidents in a thousand forms, to which all are subject, where domestic nursing becomes a necessity; where disease, though unattended with danger, is nevertheless accompanied by the nervous irritation incident to illness, and when all the attention of the domestic nurse becomes necessary.

In the first stage of sickness, while doubt and a little perplexity hang over the household as to the nature of the sickness, there are some things about which no doubt can exist: the patient's room must be kept in a perfectly pure state, and arrangements made for proper attendance; for the first canon of nursing, according to Florence Nightingale, its apostle, is to "keep the air the patient breathes as pure as the external air, without chilling him." This can be done without any preparation which might alarm the patient. With proper windows, open fireplaces, and a supply of fuel, the room may be as fresh as it is outside, and kept at a temperature suitable for the patient's state.

Windows, however, must be opened from above, and not from below, and draughts avoided: cool air admitted beneath the patient's head chills the lower strata and the floor. The carefull nurse will keep the door shut when the window is open; she will also take care that the patient is not placed between the door and the open window, nor between the open fireplace and the window. If confined to bed, she will see that the bed is placed in a thoroughly ventilated part of the room, but out of the current of air which is produced by the momentary opening of doors, as well as out of the line of draught between the window and the open chimney, and that the temperature of the room is kept about 64°. Where it is necessary to admit air by the door, the windows should be closed; but there are few circumstances in which good air can be obtained through the chamber-door; through it, on the contrary, the gases generated in the lower parts of the house are likely to be drawn into the invalid chamber.

These precautions taken, and plain nourishing diet, such as the patient desires, furnished, probably little more can be done, unless more serious symptoms present themselves; in which case medical advice will be sought.

Under no circumstances is ventilation of the sick-room so essential as in cases of febrile diseases, usually considered infectious; such as typhus and puerperal fevers, influenza, hooping-cough, small-pox, and chicken-pox, scarlet fever, measles, and erysipelas: all these are considered communicable through the air; but there is little danger of infection being thus communicated, provided the room is kept thoroughly ventilated. On the contrary, if this essential be neglected, the power of infection is greatly increased and concentrated in the confined and impure air; it settles upon the clothes of the attendants and visitors, especially where they are of wool, and

Sick-Nurse.

is frequently communicated to other families in this manner.

Under all circumstances, therefore, the sick-room should be kept as fresh and sweet as the open air, while the temperature is kept up by artificial heat, taking care that the fire burns clear and gives out no smoke into the room; that the room is perfectly clean, wiped over with a damp cloth every day, if boarded, and swept, after sprinkling with damp tea-leaves, or other aromatic leaves, if carpeted; that all utensils are emptied and cleaned as soon as used, and not once in four-and-twenty hours, as is sometimes done. "A slop-pail," Miss Nightingale says, "should never enter a sick-room; everything should be carried direct to the water-closet, emptied there, and brought up clean; in the best hospitals the slop-pail is unknown." "I do not approve," says Miss Nightingale, "of making housemaids of nurses,—that would be waste of means; but I have seen surgical sisters, women whose hands were worth to them two or three guineas a week, down on their knees, scouring a room or hut, because they thought it was not fit for their patients: these women had the true nurse spirit."

Bad smells are sometimes met by sprinkling a little liquid chloride of lime on the floor; fumigation by burning pastiles is also a common expedient for the purification of the sick-room. They are useful, but only in the sense hinted at by the medical lecturer, who commenced his lecture thus:—"Fumigations, gentlemen, are of essential importance; they make so abominable a smell, that they compel you to open the windows and admit fresh air." In this sense they are useful, but ineffectual unless the cause be removed, and fresh air admitted.

The sick-room should be quiet; no talking, no gossiping, and, above all, no whispering: this is absolute cruelty to the patient; he thinks his complaint the subject, and strains his ear painfully to catch the sound. No rustling of dresses, nor creaking shoes either; where the carpets are taken up, the nurse should wear list shoes, or some other noiseless material, and her dress should be of soft material that does not rustle. Miss Nightingale denounces crinoline, and quotes Lord Melbourne on the subject of women in the sick-room, who said, "I would rather have men about me, when ill, than women; it requires very strong health to put up with women." Ungrateful man! but absolute quiet is necessary in the sick-room.

Never let the patient be waked out of his first sleep by noise, never roused by anything like a surprise. Always sit in the apartment, so that the patient has you in view, and that it is not necessary for him to turn in speaking to you. Never keep a patient standing; never speak to one while moving. Never lean on the sick-bed. Above all, be calm and decisive with the patient, and prevent all noises overhead.

A careful nurse, when a patient leaves his bed, will open the sheets wide, and throw the clothes back, so as thoroughly to air the bed. She will avoid drying or airing anything damp in the sick-room.

"It is another fallacy," says Florence Nightingale, "to suppose that night-air is injurious; a great authority told me that, in London, the air is never so good as after ten o'clock, when smoke has diminished; but then it must be air from without, not within, and not air vitiated by gaseous airs." "A great fallacy prevails also," she says, in another section, "about flowers poisoning the air of the sick-room: no one ever saw them over-crowding the sick-room; but, if they did, they actually absorb carbonic acid and give off oxygen." Cut flowers also decompose water, and produce oxygen gas. Lilies, and some other very odorous plants, may perhaps give out smells unsuited to a close room, while the atmosphere of the sick-room should always be fresh and natural.

"Patients," says Miss Nightingale, "are sometimes starved in the midst of plenty, from want of attention to the ways which alone make it possible for

them to take food. A spoonful of beef-tea, or arrowroot and wine, or some other light nourishing diet, should be given every hour, for the patient's stomach will reject large supplies. In very weak patients there is often a nervous difficulty in swallowing, which is much increased if food is not ready and presented at the moment when it is wanted: the nurse should be able to discriminate, and know when this moment is approaching."

Diet suitable for patients will depend, in some degree, on their natural likes and dislikes, which the nurse will do well to acquaint herself with. Beef-tea is useful and relishing, but possesses little nourishment; when evaporated, it presents a teaspoonful of solid meat to a pint of water. Eggs are not equivalent to the same weight of meat. Arrowroot is less nourishing than flour. Butter is the lightest and most digestible kind of fat. Cream, in some diseases, cannot be replaced. But, to sum up with some of Miss Nightingale's useful maxims:—Observation is the nurse's best guide, and the patient's appetite the rule. Half a pint of milk is equal to a quarter of a pound of meat. Beef-tea is the least nourishing food administered to the sick; and tea and coffee, she thinks, are both too much excluded from the sick-room.

SICK-ROOMS, CAUTIONS IN VISITING.

Never venture into a sick-room if you are in a violent perspiration (if circumstances require your continuance there), for the moment your body becomes cold, it is in a state likely to absorb the infection, and give you the disease. Never visit a sick person (especially if the complaint be of a contagions nature) with *an empty stomach;* as this disposes the system more readily to receive the contagion. In attending a sick person, place yourself where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapour in that direction, and you would run much danger from breathing it.

SICK-ROOMS, TO CLEANSE AND PURIFY.

The room that has been used for a sick person, especially when the sickness has been of an infectious nature, should always be thoroughly cleansed before it is used again. The ceiling should be whitewashed and the floor thoroughly scrubbed: in many cases it is advisable even to remove the paper from the walls and put on fresh paper and repaint. Chloride of lime is a most useful disinfectant, and so also is chloride of soda. The way to use them is to spread thin layers of the dry powder in plates or dishes, and pour water over it. The vapour that arises will completely neutralize all noxious effluvia.

SILK, TO CLEAN.

Take ¼ lb. of soft soap, a teaspoonful of brandy, and a pint of gin; mix all well together, and strain through a cloth. With a sponge or flannel spread the mixture on each side of the silk without creasing it; wash it in two or three waters, and iron it on the wrong side; it will look as good as new, and the process will not injure silks of even the most delicate colours.

SILK AND RIBBONS, TO CLEAN.

Ingredients: Mix well together ¼ lb. of honey, ¼ lb. of soft soap, and ¼ pint of gin.—*Mode:* Lay each breadth of silk upon a dresser and scrub it well on the soiled side with the above mixture. Have ready three vessels of cold water; take each piece of silk at two corners and dip it up and down in each vessel; but do not not wring it, and be careful to let each breadth have one vessel of quite clean water. Hang up each breadth while dripping for one minute, and then iron it at once with a very hot iron. Silk and ribbons so washed will come out as good as new.

SILK, TO TAKE STAINS FROM.

Mix together in a phial 2 oz. of essence of lemon and 1 oz. of oil of turpentine. Grease and other spots in silks are to be rubbed gently with a linen rag dipped in this mixture.

SILKS, TO RENOVATE.

Sponge faded silks with warm water and soap; then rub them with a dry cloth on a flat board; afterwards iron them on the *inside* with a smoothing-iron. Old black silks may be improved by sponging with spirits. In this case, the ironing may be done on the right side, thin paper being spread over to prevent glazing.

SILKS, TO WASH.

The idea of washing silk dresses, and other articles of wearing apparel or furniture made of silk, will be novel to most of our readers. For a dress to be washed, the seams of a skirt do not require to be ripped apart, though it must be removed from the band at the waist, and the lining taken from the bottom. Trimmings, or furniture where there are deep folds, the bottom of which is very difficult to reach, should be undone so as to remain flat. A black silk dress, without being previously washed, may be refreshed by being soaked during twenty-four hours in soft, clear water; clearness in the water being indispensable. If dirty, the black dress may be previously washed. When very old and rusty, a pint of gin or whisky should be mixed with each gallon of water. This addition is an improvement under any circumstances, whether the silk be previously washed or not. After soaking, the dress should be hung up to drain dry without being wrung. The mode of washing silks is this:—The article should be laid upon a clean smooth table. A flannel should be well soaped, just made wet with lukewarm water, and the surface of the silk rubbed one way with it, care being taken that this rubbing is quite even. When the dirt has disappeared, the soap must be washed off with a sponge and plenty of cold water, of which the sponge must be made to imbibe as much as possible. As soon as one side is finished, the other must be washed precisely in the same manner. Let it be understood that not more of either surface must be done at a time than can be spread perfectly flat upon the table, and the hand can conveniently reach; likewise the soap must be quite sponged off one portion before the soaped flannel is applied to another portion. Silks, when washed, should always be dried in the shade, on a linen-horse, and alone. If black or dark blue, they will be improved if, when dry, they are placed on a table and well sponged with gin or whisky, and again dried. Either of these spirits alone will remove, without washing, the dirt and grease from a black stock or handkerchief of the same colour, which will be so renovated by the application as to appear almost new.

SILVER IMITATION.

1. Copper, 8; nickle, 3; zinc, 3½. This is a very beautiful compound. It has the appearance of silver a little below standard; by some persons it is even preferred to the more expensive compound. We strongly recommend manufacturers not to use a metal inferior to this.—2. Copper, 8; nickle, 4; zinc, 3½. This is a compound which, for ease of working and beauty of appearance, is to be preferred to all others by the manufacturer, and is generally preferred by the public. It has a shade of blue, like very highly-polished silver; it tarnishes less easily than silver.

SILVER PLATE, TO GIVE A LUSTRE TO.

Dissolve alum in a strong lye, scum it carefully, then mix it with soap, and wash your silver utensils with it, using a linen rag.

SILVERING.

Any metal may be covered with

silver by means of either of the following powders :—1st. Take one part of precipitated silver powder, 2 parts of common salt, and 2 parts of cream of tartar ; mix these ingredients well together, and rub them into the article which is to be silvered ; then wash it lightly in alkalized water ;—or, 2nd. Take 2 parts of silver dust, 16 parts of common salt, 14 parts of sal-ammoniac, 1 part of bichloride of mercury ; mix these together, and with a little water make into a paste as much as required for use, and apply it to the article with a piece of soft leather. By either of these applications old plated candlesticks, cruets, and bottle-stands, &c., may be greatly improved in appearance.

SILVERING OF METALS.

Mix 1 part of chloride of silver with 3 parts of pearlash, 1½ part of common salt, and 1 part of whiting, and well rub the mixture on the surface of brass or copper (previously well cleansed) by means of a piece of soft leather, or a cork moistened with water and dipped into the powder. One part of precipitate silver powder, mixed with two parts each of cream of tartar and common salt, may also be used in the same way. When properly silvered, the metal should be well washed in hot water slightly alkalized, and then wiped dry.

SILVERING POWDERS.

Silver dust, 20 grains ; alum, 30 grains; common salt, 1 drachm ; cream of tartar, 3 drachms. Rub them together to a fine powder. The powder is to be made into a paste with a little water, for use.

SINGEING HORSES.

This is best and soonest accomplished by means of a gas jet, which can always be had in towns. In the country, a common singeing-lamp may be made use of with naphtha or spirits of wine.

SINGING IN THE EAR.

That unpleasant sensation known as singing in the ear generally results from the hardening of the wax. It may frequently be removed at once by syringing the ear with a little warm soap-and-water, or by dropping a little glycerine oil into the ear at bedtime. If these remedies do not answer, a mustard poultice applied just behind the ear at bedtime, and repeated, if necessary, for two or three nights, is an almost certain cure.

SIZING FOR GOLD ON GLASS.

The following recipe has been recommended :—Copal varnish is to be rubbed up fine with either white bole, burnt umber, or ochre—all of which must be quite dry—and then strained through cloth. The glass having been cleansed with fine chalk, is to be painted over with this varnish, and placed in a warm room protected from dust. Experience soon teaches when it has become dry enough for applying the leaf, which must be pressed on with cotton, and then allowed to dry. If necessary, it may then be polished.

SKIN IRRITATION.

This arises from so many different causes, that the cure of it is very various, and generally requires the attention of some skilled physician. Irritation, however, may be much allayed by several simple applications. The part affected may be bathed with diluted camphorated spirit, or covered over with a coating of flour, which will keep the air from it, and greatly relieve the pain. The most certain and effective relief, however, will be found in painting the part over with warm gruel made from grits in the ordinary way. The gruel is of a soothing and healing nature, and, as it dries, it leaves upon the skin a coating which excludes all air.

SKIN, LOTION FOR.

Blanched bitter almonds, 2 oz. ; blanched sweet almonds, 1 oz. Beat to a paste, add distilled water, 1 quart ; mix well, strain, put into a bottle, add

corrosive sublimate powder, 20 grains, dissolved in 2 tablespoonfuls of spirits of wine, and shake well. This recipe is used to impart a delightful softness to the skin, and also as a wash for obstinate eruptive diseases. Wet the skin with it, either by means of the corner of a napkin or the fingers dipped into it, and then gently wipe off with a dry cloth.

SKIN, TO DYE OLIVE.

Use walnut-juice mixed with a small quantity of Spanish annatto. The tint required may be ascertained by dipping the finger into it.

SKIN ROUGHNESS.

A very simple and effectual remedy for roughness in the skin is to add to the soft water used for washing a tablespoonful of oatmeal boiled in a small quantity of water. If the roughness is very troublesome, an infusion of horseradish in cold milk may be used with good effect.

SLEEP, TO PROCURE.

Avoid all opiates if possible: they should never be resorted to except under the greatest necessity. There are many simple methods which may be tried, and which will often procure sleep.

Take a warm bath just before going to bed, or use a flesh-brush or a rough towel for some time, or resolve, when in bed, to keep your eyes open in the darkness, or try to remember a succession of dates, of the reigns of the kings of England, for instance; or take at bedtime 1 teaspoonful of magnesia with a few drops of sal volatile in a little water, or use a hop-pillow.

SLEEPER, an American Drink.

Ingredients: ½ pint of old rum, 1 oz. of powdered sugar, 2 eggs, half a lemon, 6 cloves, 6 coriander-seeds, a shred of cinnamon, and 1 pint of water.—*Mode:* Put into a bowl the rum, with the sugar, the yolks of the eggs, and the juice of the half-lemon; then boil the spices in the half-pint of water, strain the liquor into the bowl, and whisk all together into a froth. Pour the drink into glasses while hot.

SLUGS.

Any choice plants may be preserved from the ravages of slugs by placing a few pieces of garlic near them. No slugs will approach the smell of garlic. Fruit-trees may be protected from slugs by tying a piece of hair-line, or binding a bit of hair-cloth round their stems; if the trees are against a wall, the hair-line should be fastened all along the bottom of the wall close to the brickwork, and no slugs can pass it.

SLUGS, TO DESTROY.

Slugs are very voracious, and their ravages often do considerable damage, not only to the kitchen-garden, but to the flower-beds also. If, now and then, a few slices of turnip be put about the beds, on a summer or autumnal evening, the slugs will congregate thereon, and may be destroyed.

SMELLING-BOTTLE.

Take an equal quantity of sal-ammoniac and unslaked lime, pound them separately, then mix and put them in a bottle. Drop in two or three drops of the essence of bergamot, then cork the bottle close.

SMOKING OF LAMPS, TO PREVENT.

Soak the wicks in strong vinegar, and dry them well before using them. No lamp will smoke with wicks so prepared, unless they are turned up too high.

SMOKING HAMS, &c.

Hang them up across the chimney of an open hearth, on which keep two or three oak or ash billets continually smouldering, or burn dry sawdust under them from time to time. The smoke from fir and other resinous woods should be avoided. Hams hung up in a chimney take two, three, and sometimes four weeks in smoking.

Where no convenience exists for the wood-smoking of hams, &c., the common impure pyroligneous acid may be used as a very good substitute. It is very cheap, and can be bought at any chemist's. Pour a little into a saucer, paint the hams, &c., regularly all over with it, using a common paste-brush, and afterwards hang them up to dry. If high-smoking is preferred, the process must be repeated two or three times. Whenever hams, &c., turn damp and mouldy, it is a very good plan to give them one or more dressings with impure pyroligneous acid after they have been well wiped and dried.

SMOKY CHIMNEYS.

There are few greater nuisances in houses than smoky chimneys. And, notwithstanding chimneys are very often blamed for the faults and carelessness of servants in lighting fires, it is most undoubtedly true that some chimneys will smoke, and especially so under certain conditions of the wind. Various contrivances have been invented to obviate this defect. There are cowls and chimney-pots of every variety of shape and material; and many of them are found to answer their purpose extremely well. The great difficulty, however, is to ascertain what sort of cowl or chimney-pot will exactly suit our own condition of chimney, for it is quite certain that those which succeed admirably in one position are at times of little or no use in another. There can be no doubt that the fault lies in the original construction of the chimney. The art of getting rid of the smoke of open fireplaces is very little understood, or, at any rate, very little cared about, by architects and builders. Chimneys are put where it is most convenient to put them, and where they may look best on an outside view of the top of the house, without any reference to the most important purpose which they have to serve. The draught of air down the shaft of the chimney is, of course, the main cause of the smoke

failing to ascend, and coming out into the room instead; and, unless the chimney be properly constructed, there is no way of entirely preventing this evil. A chimney-pot, wind-screen, or cowl at the top may do much good, and so may a blower, as it is termed, or piece of tin placed before the fire to increase the draught upwards from the room; but these are all very ugly appliances, and ought never to be required at all. All chimneys that smoke will be found to be too wide at their lower end, that is, where they come down and meet the fireplace. Before chimneys were swept by machinery, it was almost a matter of necessity to make the breast of the chimney the width and depth of the fireplace, in order to give room to the sweeper to ascend. Now a very small opening is needed, only just sufficient to introduce the head of the machine. We have met with some very excellent remarks upon the proper construction of chimneys, to avoid smoking, abridged from the writings of Count Rumford, and published in the *Family Friend* some few years ago. We cannot do better than quote them. After remarking upon the folly of wide-mouthed chimneys, both as entailing loss of fire-heat and causing smoky rooms, the writer continues:—"Generally speaking, it will be necessary to diminish the opening of the fireplace, that is, to make it smaller, and to fix the grate more forward and less high than has been the practice. Sometimes a straight stone slab, placed all across the mantel, or a row of bricks supported by a flat iron bar, will be sufficient to effect a cure; for this lowers the breast of the chimney, and diminishes the size of the opening of the fireplace. The breast of a chimney is that part against which the mantel is built, and a good deal depends on the way in which it is finished on the inside. Then, if we wish smoke to ascend easily, we must place the throat, or lower part of the chimney, immediately over the fire; the back of the fireplace also should be built perpendicular. There is no more reason why

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smoke should refuse to ascend a properly-constructed chimney, than that water should refuse to ascend through a pipe; and it will be seen, from the diagrams, that these improvements can be made with but a small amount of trouble.

"Fig. 1 shows a fireplace and part of the chimney as usually built, an opening with square sides, in which the grate is fixed so far back that most of

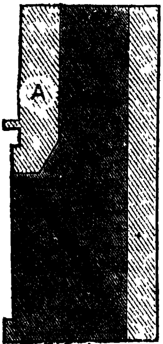


FIG. 1

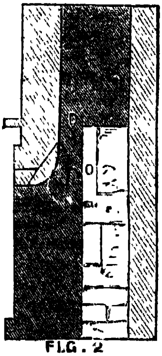
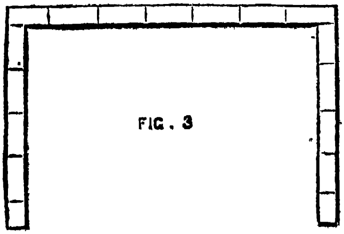


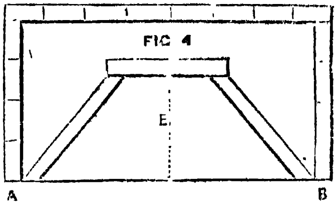
FIG. 2

the heat is lost. The depth, however, from back to front should not be more than from 9 to 13 inches; the back is therefore to be built up as shown at fig. 2, and in the ground plan, fig. 4. It will be seen that the chimney-breast has a small piece added to lower it.

"Fig. 3 represents the ground-plan



of the fireplace in fig. 1, but, instead of square, it is to have sloping sides, and is to be filled up as in fig. 4. To do this according to rule, a line AB is to be drawn straight from one jamb to the other, and from the centre of this a cross line E is to be drawn from front to back. The mason is then to hold a



plumb-line against the inside of the chimney-breast, where it begins to run straight upwards, as, for example, at A, fig. 1; and the spot where the plumb-line rests in the cross line E is to be carefully marked. Four inches behind this mark is the position for the back of the fireplace, as shown by the brick-work in fig. 2, which, by being so placed, gives four inches as the dimensions from back to front of the throat of the chimney seen at D.

"This brickwork and the sides are to be carried up from 6 to 9 inches above the lowest part of the chimney-breast, so as to give a sufficient length and form to the throat D; and instead of being finished irregularly, or with a slope at the top, it must be perfectly flat and level; because, when the wind sets down the chimney, if it strikes against a slope, it drives the smoke into the room, but not if it strikes upon a flat. Too much pains cannot be taken to make a good finish of the inside of the breast; it should be quite smooth and perpendicular, so as to offer no impediment to the ascent of the smoke. The lower part is to be carefully rounded off with plaster, as at I, fig. 2, instead of being left square or rough, and badly finished, as it nearly always is.

"The way to fix the sides or coverings of the fireplace, is at a slope or angle, as shown at fig. 4. It has been found

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that an angle of 45 degrees is that which throws the most heat into a room. These angles and the back should be made of fire-bricks, and if each of one piece the better, as it will then be easy to place them in the position represented in the diagram. The hollow spaces behind may be filled up with regular layers of brickwork, all brought to the same flat level at the top. It is a mistake to suppose that iron is the best material for the back and sides of a grate; fire-brick is much better. Iron absorbs the heat, fire-brick throws it out; and, besides, it can be whitewashed, which is a great economy, for white throws out light and heat, which black does not. All parts of a fireplace not liable to be blackened by smoke should be kept white. It is a common practice to do so in the United States. Any workman may get the angle of the sides by an easy way, shown at fig. 5. On a board, bench,

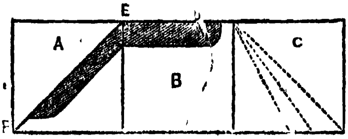


Fig. 5.

or table, or on the floor, draw three equal squares from 12 to 15 inches each way, as A B C, and from the black corner E of the central square B draw a diagonal line across the square A to the outer corner F. This gives the angle at which the sides are to be fixed; and if a wooden bevel or mould-board be made exactly to this plan, a bricklayer will always be able to use it in setting out his work, and with something like certainty that he is doing right. If the chimney should be an uncommonly smoky one, or if the grate should not be exactly the required width, either of the other two angles shown by the dotted lines may be chosen. To leave room for sweeping the chimney, the upper part of the back is to be a single slab, as at O, fig. 2, which is to be fitted so as to shift in and out. This can easily be done by standing the slab in its place, and finishing the other work up to it, being careful to leave all level at the top. By taking out this slab when the chimney requires sweeping, room is left for the passage of the brush, and when it is replaced it leaves the chimney-throat as perfect as before. The true proportions of a grate are to have the width of the front three times the width of the back; 9 inches should be the width of the back, and the depth of the grate from back to front the same, which, multiplied by three, gives 27 inches as the width of the front. These dimensions are not to be departed from unless under strong necessity; by keeping to them, the sides or copings of the fireplace will always be at an angle of 45 degrees, as above mentioned. As a rule, the height of the fireplace should be the same as the width.

"If these directions are carefully followed, it will be found that the fireplace will be completed all but the bars, a matter worth consideration, because the less iron there is about the grate the better. The bars and bottom may be made of iron, all in one, and the bottom is not to be more than five inches above the hearth, for a grate when fixed low sends more heat into the room than when fixed high. Fig. 6

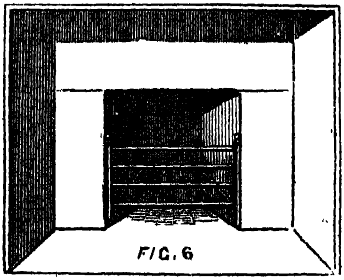


FIG. 6

represents the fireplace complete. It does not look so elegant or showy as those which modern taste has produced, but it will be found more serviceable and economical.

"In cases where the breast of the

chimney is nine inches thick, the four inches which have been allowed for the throat behind this will make the fireplace 13 inches deep. The back must then be 13 inches wide, and the front three times 13, or 39 inches, and the angles will be in their true position. A fireplace of this size will warm a large room, while a grate nine inches deep will serve for all ordinary sitting-rooms. A cheerful and steady fire is so great a comfort as to make it worth while to take a little pains to insure it. The plan here described, if properly carried out, cannot fail of success, and will leave little need for chimneypots or cowls." There can be but one objection to the carrying out of the most excellent plan for avoiding a very great inconvenience which is here advocated. There can be no doubt as to the success of the plan, if carried into effect. The objection to it is that modern taste will not be satisfied with the plain-looking grate which strict attention to the rules here laid down must produce. Still the information contained is most valuable, especially as regards the construction of the chimney, and the contraction of the breast of it, so as to avoid the inconvenience of the downward current of the draught; and a modern fashionable register-stove can quite as easily be set in a chimney so constructed as in any other. The apparatus used in a good register-stove, for the increase or diminishing of the draught, is generally a very excellent contrivance; but, like everything else, it requires management. It does not naturally adjust itself to the chimney, but it must be adjusted by those who have charge of the fire. In most register-stoves the other conditions of a good grate are complied with—the fire is kept low, and the sides are contracted at the proper angle. Fire-bricks are also made use of, in the backs at any rate, and very often for the sides. If large fires are kept up, the fluted iron sides of grates do not last very long. The grate, however, is not useless when they are burnt through, for they can be cut off close, and side fire-bricks substituted in their stead.

SOAP.

Take 6 lb. of soda, 6 lb. of fat, 3 lb. of lime, and 4 gallons of water. Put the soda, lime, and water in the boiler, and boil them; then take it out in something to settle; then put the fat in the boiler, and add the water (leaving the settling behind). Boil about half an hour, or until it is thick; then take it out for the purpose of cooling, when it is ready to cut as desired.

SODA NEGUS, a refreshing Drink.

Ingredients: ½ pint of port wine, 4 lumps of sugar, 3 cloves, grated nutmeg to taste, 1 bottle of soda-water. —*Mode:* Warm the wine, sugar, and spice in a saucepan: do not let them boil. When quite hot, pour them into a bowl, and mix into them a bottle of sada-water.

SOLUBLE CAYENNE.

This pepper is so strong that it is anything but pleasant if it happens to lie in lumps, and is not thoroughly incorporated with the cookery in which it is used. To prevent the possibility of this, the cayenne placed in the hands of the cook should be made soluble. Infuse 1 oz. of cayenne in boiling water, enough to cover it, let it stand on the hob for two hours, and then pour the liquid through a fine sieve upon an ounce of fine basket-salt in a soup-plate; cover this down, and let it cool. It will then be found that the new crystals have absorbed the liquid. These can be rubbed up to any size required, and placed in a cruet. Being free from the husk and seed of the pepper-pod, the grains so prepared will dissolve at once on coming in contact with the slightest moisture, and there is no fear of lumps.

SORE BACKS IN HORSES.

Horses, especially saddle-horses, are very liable to sore backs. This is

generally the result of uneven pressure, also of want of care and cleanliness. The saddle should never be removed at once from a horse when he comes in heated from a journey. The girths should be undone, and the saddle left loose for some few minutes for the heat to evaporate gradually. The horse's back should then be thoroughly dried and cleaned with a straw whisp and brush. If, after all this precaution, the back, from accident, should become sore, have the saddle padded, so as to remove all pressure from the part, if it is necessary to use the horse at all; if not, a cure is more speedily effected by rest. Dilute one part of tincture of arica with ten of cold spring water, keep a rag well saturated with this continually upon the sore place; if no fresh injury occurs to it, under this treatment it will heal in a very few days. If the sore has been neglected, and there is any tendency to gather, it must be poulticed, and well cleaned before the arnica is applied.

SORE EYES.

Incorporate thoroughly, in a glass mortar or vessel, one part of strong citron ointment with three parts of spermaceti ointment. Use the mixture night and morning, by placing a piece of the size of a pea in the corner of the eye affected. This is only to be used in cases of chronic or long-standing inflammation of the organ, or its lids.

SORE THROAT, GARGLE FOR.

Simmer over a clear fire for five minutes 1 glass of port wine, 1 tablespoonful of Chili vinegar, 6 sage-leaves, and 1 dessert-spoonful of honey. When cold, use it as a gargle.

SORES, STIMULATING WASH FOR.

Ingredients: Into ½ pint of lime-water put 1 drachm of calomel, and be very particular in shaking the mixture well before using, as the calomel drops to the bottom. A teaspoonful of laudanum added to the above quantity is an improvement. Dip a piece of lint in this mixture, put it on the sore, and confine it with a roller.

SOY.

Ingredients: 1 quart of kidney-beans, 1 pint of wheat (bruised), 1 pint of malt (bruised), 1 quart of common salt, ½ gallon of boiling water, ¼ lb. of red herrings (pounded), 1 oz. of garlic, 1 oz. of Italian juice.—*Mode:* Mix the kidney-beans, wheat, malt, and salt well together, turning them over several times for two or three days; then add the boiling water and the other ingredients. Place all in a jar, and let them stand for three months; then strain off the juice and bottle it.

SPERMACETI OINTMENT.

This useful ointment may be made in several different ways. The following are among the best:—1. *Ingredients:* 1 lb. of oil of olives, ½ lb. of white wax, ¼ lb. of spermaceti, 6 oz. of water. —*Mode:* Bruise the spermaceti and wax, put all the ingredients into a pipkin upon a clear fire; mix them well, and, when melted, stir them till cold;—or, 2. *Ingredients:* 7 lb. of clean mutton suet, 1 pint of rape-oil, 6 oz. of gum-arabic, 1 pint of water.—*Mode:* Melt the suet and rape-oil over the fire; make a gum-water of the proportions given; mix all together over the fire, and stir till cold.

SPITTING OF BLOOD, or, HEMORRHAGE FROM THE LUNGS.

This is generally known from blood from the stomach by being of a brighter colour, and in less quantities than that, which is always grumous and mixed with the half-digested food. In either case, rest should be immediately enjoined, total abstinence from stimulants, and a low, poor diet, accompanied with the horizontal position, and bottles of boiling water to the feet. At the same time the patient should suck through a quill, every hour, half a wineglass of water, in which 10 or 15 drops of the elixir of vitriol have been mixed, and, till further advice has been

procured, keep a towel wrung out of cold water on the chest or stomach, according to the seat of the hemorrhage.

SPONGIO-PILINE.

This is, for invalids, one of the most useful inventions of modern times. Every house should be provided with a good-sized piece of it, as it may be used for many purposes, and will last a very long while. It is a fabric composed of sponge and wool felted together, and affixed to a back of India-rubber. Soaked in warm water, it answers the purpose of a poultice, and is now generally used in all large hospitals at home and abroad. The great recommendations are lightness, economy, facility of application, and extreme cleanliness. Spongio-piline is the invention of a surgeon, a Mr. Markwick, and the fabric received a prize medal at the first Great Exhibition in 1851.

SPRAINS.

A sprain is a stretching of the leaders or ligaments of a part, through some violence, such as slipping, falling on the hands, pulling a limb, &c. The most common are those of the ankle and wrist. These accidents are more serious than people generally suppose, and often more difficult to cure than a broken leg or arm. The first thing to be done is to place the sprained part in the straight position, and to raise it a little as well. Some recommend the application of cold lotions at first, but *warm* applications are, in most cases, the best for the first three or four days. These fomentations are to be applied in the following manner:—Dip a good-sized piece of flannel into a pail or basin full of hot water or hot poppy fomentation,—six poppy-heads boiled in one quart of water for about a quarter of an hour; wring it almost dry, and apply it, as hot as the patient can bear, right round the sprained part. Then place another piece of flannel, quite dry, over it, in order that the steam and warmth may not escape. This process should be repeated as often as the patient feels that the flannel next to his skin is getting cold—the oftener the better. The bowels should be opened with a black draught, and the patient kept on low diet. If he has been a great drinker, he may be allowed to take a little beer; but it is better not to do so. A little of the cream of tartar drink, ordered in the case of burns, may be taken occasionally if there is much thirst. When the swelling and tenderness about the joint are very great, from eight to twelve leeches may be applied. When the knee is the joint affected, the greatest pain is felt at the inside, and therefore the greater quantity of the leeches should be applied to that part. When the shoulder is sprained, the arm should be kept close to the body by means of a linen roller, which is to be taken four or five times round the whole of the chest. It should also be brought two or three times underneath the elbow, in order to raise the shoulder. This is the best treatment for these accidents during the first three or four days. After that time, supposing that no unfavourable symptoms have taken place, a cold lotion, composed of a tablespoonful of sal-ammoniac to a quart of water, or vinegar-and-water, should be constantly applied. This lotion will strengthen the part, and also help in taking away any thickening that may have formed about the joint. In the course of two or three weeks, according to circumstances, the joint is to be rubbed twice a day with flannel dipped in opodeldoc, a flannel bandage rolled tightly round the joint, the pressure being greatest at the lowest part, and the patient allowed to walk about with the assistance of a crutch or stick. He should also occasionally, when sitting or lying down, quietly bend the joint backwards and forwards, to cause its natural motion to return, and to prevent stiffness from taking place. When the swelling is very great immediately after the accident has occurred, from the breaking of the blood-vessels, it is best to apply cold applications at first. If it can be

procured, oil-silk may be put over the warm-fomentation flannel, instead of the dry piece of flannel. Old flannel is better than new.

Another Recipe.—The following application will often prove beneficial:—Take a bunch of fresh sage-leaves, bruise them in a mortar, and boil them in ½ pint of vinegar for five minutes. Apply this altogether folded in a piece of linen rag to the sprained joint as hot as it can be borne.

Another.—Put into a flannel bag or old stocking some bruised camomile-flowers, steep the bag in boiling water, wring it, and put it to the sprain as hot as it can be borne, binding it over with dry cloths.

SPRING MEDICINE, useful to promote the Appetite and keep the Skin clear in Young People.

Ingredients: 2 oz. of Epsom salts, 1 oz. of cream of tartar, 2 lemons, 1 quart of water.—*Mode:* Mix the Epsom salts and cream of tartar, pour a quart of boiling water upon them, and add the lemon-juice, or cut the lemon into slices. Let it stand till cold, bottle it, and take a wineglassful every morning.

SPRUCE BEER, COMMON.

Ingredients: 8 gallons of water, 6 lb. of molasses, ¼ lb. of essence of spruce, ½ pint of good yeast.—*Mode:* Put into a cask capable of holding the whole quantity 4 gallons of cold water; boil 4 gallons more, and add it to the cold; then put in the molasses with the essence of spruce. When the heat is reduced, so that the liquid is only just warm, add to it the yeast. Stir the contents well in, shake the barrel about, then leave it with the bung out for two days. After this bottle it at once, using strong stone quart bottles, and well wiring down the corks, as it is very apt to fly. It is best packed away in dry sawdust or sand. In two or three weeks after bottling it will be fit for drinking.

SPRUCE BEER, VERY SUPERIOR.

Ingredients: 9 lb. of honey, 3 lb. of the finest starch, 5 oz. of essence of spruce, 6 gallons of water, and ¼ pint of yeast.—*Mode:* Take 3 gallons of the water, boiling hot, and put it into a cask that will hold 6 gallons; boil the starch to a very smooth, transparent jelly in the ordinary way; work the honey well into it, and then stir them together into the boiling water in the cask, and fill the cask up so as to be nearly full from the rest of the water, which must be cold; then add the essence of spruce, and, when the liquor has cooled down sufficiently, put in the yeast; shake the cask well, and leave it to work for two or three days, or rather longer if necessary. The quantity of yeast depends very much upon the state of the weather when the beer is made. If very warm, much less than a quarter of a pint may be used; and, if very cold, perhaps it may be necessary to increase the quantity. Before bunging the cask down, which may be done as soon as it has ceased working, dissolve about ½ oz. of isinglass in some water, and stir it gently into it to fine it. After it has been in the cask a week, bottle it in stone bottles well wired down. In a week or so it will be fit to drink.

STABLES.

The horse is the noblest of quadrupeds, whether we view him in his strength, his sagacity, or his beauty. He is also the most useful to man of all the animal creation; but his delicacy is equal to his power and usefulness. No other animal, probably, is so dependent on man in the state of domestication to which he has been reduced, or deteriorates so rapidly under exposure, bad feeding, or bad grooming. It is, therefore, inconsistent with humanity, not to speak of its obvious impolicy, for the owner of horses to overlook any neglect in their feeding or grooming. His interest dictates that so valuable an animal should be well

Stables.

housed, well fed, and well groomed; and he will do well to acquire so much of stable lore as will enable him to judge of these points himself. In a general way, where a horse's coat is habitually rough and untidy, there is a sad want of elbow-grease in the stable. When a horse of tolerable breeding is dull and spiritless, he is getting ill or badly fed; and where he is observed to perspire much in the stables, is overfed, and probably eats his litter in addition to his regular supply of food.

The architectural form of the stables will be subject to other influences than ours; we confine ourselves, therefore, to their internal arrangements. They should be roomy in proportion to the number of stalls; warm, with good ventilation, and perfectly free from cold draughts; the stalls roomy, without excess, with good and well-trapped drainage, so as to exclude bad smells; a sound ceiling to prevent the entrance of dust from the hayloft, which is usually above them; and there should be plenty of light, coming, however, either from above or behind, so as not to glare in the horse's eye.

Heat.—The most desirable state is attained, if the stables are kept within a degree or two of 50° in winter, and 60° in summer; although some grooms insist on a much higher temperature, in the interests of their own labour.

Ventilation is usually attained by the insertion of one or more tubes or boxes of wood or iron through the ceiling and the roof, with a sloping covering over the opening, to keep out rain, and valves or ventilators below to regulate the atmosphere, with openings in the walls for the admission of fresh air: this is still a difficulty, however, for the effluvium of the stable is difficult to dispel, and draughts must be avoided. This is sometimes accomplished by means of hollow walls with gratings at the bottom outside, for the exit of bad air, which is carried down through the hollow walls and discharged at the bottom, while, for the admission of fresh air, the reverse takes place: the fresh by this means gets diffused and heated before it is discharged into the stable.

The Stalls should be divided by partitions of woodwork eight or nine feet high at the head and six at the heels, and nine feet deep, so as to separate each horse from its neighbour. A hay-rack placed within easy reach of the horse, of wood or iron, occupies either a corner or the whole breadth of the stall, which should be about six feet for an ordinary-sized horse. A manger, formerly of wood, but of late years more generally of iron lined with enamel, occupies a corner of the stall. The pavement of the stall should be nearly level, with a slight incline towards the gutter, to keep the bed dry, paved with hard Dutch bricks laid on edge, or asphalte, or smithy clinkers, or rubble-stones, laid in strong cement. In the centre, about five feet from the wall, a grating should be firmly fixed in the pavement, and in communication with a well-trapped drain, to carry off the water; the gutter outside the stall should also communicate with the drains by trapped openings. The passage between the stall and the wall should be from five to six feet broad at least; on the wall, opposite to each stall, pegs should be placed for receiving the harness and other things in daily use.

A Harness-room is indispensable to every stable. It should be dry and airy, and furnished with a fireplace and boiler, both for the protection of the harness and to prepare mashes for the horses when required. The partition-wall should be boarded where the harness goes, with pegs to hang the various pieces of harness on, with saddle-trees to rest the saddles on, a cupboard for the brushes, sponges, and leathers, and a lock-up corn-bin.

The Furniture of a stable, with coachhouse, consists of coach-mops, jacks for raising the wheels, horse-brushes, spoke-brushes, water-brushes, crest and bit-brushes, dandy-brushes, currycombs, birch and heath brooms, trimming-combs, scissors, and pickers, oil-cans and brushes, harness-brushes

of three sorts, leathers, sponges for horse and carriage, stable-forks, dung-baskets or wheelbarrow, corn-sieves and measures, horse-cloths and stable-pails, horn or glass lanterns. Over the stables there should be accommodation for the coachman or groom to sleep. Accidents sometimes occur, and he should be at hand to interfere.

STAINED HANDS.

Never attempt to wash stains, from whatever cause they may arise, off the hands by using soap-and-water. In nine cases out of ten this will only serve to set the stains and lengthen the time of their disappearance. Salt of lemons is the best thing to use if you have it near you; if not, common salt. Use either of these as you would common soap. If, after this, the hands are not sufficiently white, wash them in horseradish and milk.

STAINS FOR PAPER.

Blue is made by a solution of indigo in sulphuric acid. One part of indigo is to be digested in four parts of sulphuric acid for twenty-four hours: to the solution, 1 part of dry carbonate of potass is to be added, and then it is to be diluted with 8 parts of water.—*Yellow*, with a strong decoction of either quercitron or fustic; the paper must be washed with a solution of alum in water before it is washed with the decoction; 2 oz. of either quercitron or fustic, to 1½ pint of water, to be boiled down to a pint.—*Red*, with a decoction of either Brazil-wood or cochineal: with the latter the colour is finest. The paper must be sponged over with a solution of pearlash before using the Brazil-wood, and with a solution of nitro-muriate of tin before using the cochineal.—*Green*, by a mixture of the blue and yellow stains.—*Orange*, by a decoction of turmeric; the paper to be previously washed over with a solution of pearlash.—*Purple*, with a decoction of logwood; the paper to be previously washed over with a solution of alum.

STAINS ON SILVER PLATE, TO REMOVE.

It frequently happens that, from long neglect, plate becomes so stained and spotted that it cannot be immediately restored by any of the usual plate-powders. Whenever this occurs, mix 1 part of sal-ammoniac with 16 parts of vinegar. Rub the stains or spots gently with the mixture; they will soon disappear. The plate should then be well washed in soap-and-water.

STAINS OF DYE, TO REMOVE FROM THE HANDS.

Take a small quantity of oil of vitriol, and pour it into some cold water in a washhand-basin, and wash your hands in it without soap: the dye will then come off. Afterwards cleanse them completely in hot soap-and-water, taking care that all the acid is washed away before the soap is applied. If the vitriol-water is not made very strong, it will not injure the most delicate hands, nor leave any red or coarse appearance.

STAINS OF INK ON BOOKS AND ENGRAVINGS.

They may be removed by applying a solution of oxalic acid, citric acid, or tartaric acid, upon the paper without fear of damage. These acids take out writing-ink, but do not interfere with the printing.

STAINS OF WINE, FRUIT, &c., TO REMOVE FROM LINEN.

These, when fresh, may readily be removed by rubbing them with a little common salt, and soaking the place in clean soft water. But if the stains have been long set, rub them on both sides with yellow soap; lay on a thick coating of starch in cold water, and expose the linen to the sun and air till the stains disappear. After three or four days, if necessary, the process must be repeated. Many stains in linen will yield to some buttermilk. Soak them in the buttermilk, dry them in the sun, and after this wash in

clean cold water, and dry again: repeat, if necessary.

STAINS, TO REMOVE FROM LINEN, SILK, WOOL, SILK-VELVET, &c.

Mix ½ a teaspoonful of essential oil of lemons in a wineglassful of rectified spirits of turpentine. Keep the mixture in a well-stopped bottle, and, when required for use, apply a little of it to the stains with a piece of fine soft woollen cloth.

STAIR-RODS, TO CLEAN.

These may be cleaned by being rubbed with the general polish recommended for brass, or they may be rubbed sharply with a piece of woollen cloth dusted over with dry rotten-stone pulverized very finely, or touched with rotten-stone and sweet oil.

STAMMERING, CURE FOR.

Where there is no malformation of the organs of articulation, stammering may be remedied by reading aloud with the teeth closed. This should be practised for two hours a day, for three or four months. The advocate of this simple remedy says, "I can speak with certainty of its utility."

Another Recipe.—At a recent meeting of the Boston Society of Natural History, Dr. Warren stated, "A simple, easy, and effectual cure of stammering." It is, simply, at every syllable pronounced, to tap at the same time with the finger; by so doing, "the most inveterate stammerer will be surprised to find that he can pronounce quite fluently, and, by long and constant practice, he will pronounce perfectly well."

STARCH.

The best vessels to make starch in are those of brass, bell-metal, copper tinned, or earthenware pipkins. If starch were made in a tin saucepan, it would be a chance if it did not burn; an iron saucepan would turn it black; it would be discoloured by copper, if the inner surface of the vessel were not tinned. The very best vessel for starch-making is a bell-metal skillet. Mix the starch with cold water till it is of the consistence of common paste, carefully pressing abroad all the lumps; then pour upon it boiling water in the proportion of a pint to an ounce of starch. If the starch is pure and without blue, add the quantity of blue necessary to give it the proper tint to the boiling water before it is poured upon the starch. This is effected by putting the blue into a flannel bag and letting the water dissolve a sufficient quantity. Set the skillet over the fire, and stir the starch with a clean wooden spoon. When the starch has boiled up, remove it from the fire. When starch is required more than usually stiff, a little isinglass may be dissolved and mixed with it after it is removed from the fire.

STARCH, TO IMPROVE.

Take 2 oz. of fine white gum-arabic, put it in a pitcher, and pour on it 1 pint of boiling water; cover it, and let it stand all night; in the morning pour it into a bottle and cork it. A tablespoonful of it put into a pot of ordinary starch will improve it very much.

STEEL AND IRON, TO CLEAN.

1 oz. of soft soap, 2 oz. of emery, made into a paste; then rub the article to be cleaned with this on wash-leather, and it will have a brilliant polish.

STICKING-PLASTER.

Ingredients: ½ oz. of benzoin, 6 oz. of rectified spirit, 1 oz. of isinglass, ½ pint of hot water, 4 oz. of Chian turpentine, 6 oz. of tincture of benzoin. —*Mode:* Dissolve the benzoin in the spirit and strain it again in a separate vessel; dissolve the isinglass in the water, and strain it; mix the two, and let them cool. Brush the jelly so formed ten or twelve times over black silk stretched smooth, leaving it to dry between each application. When this process is finished, dry the silk

thoroughly, and brush it over once with a solution of the turpentine and tincture of benzoin.

STICKING-PLASTER, or STRAPPING.

This may be made by melting together 2 parts of soap-plaster and 1 of resin-plaster; the latter being added to make it sticky; but, if fresh spread, the soap-plaster alone will stick well enough. It may be spread either on calico or on black silk, to render it more sightly.

STIFFNESS IN THE JOINTS.

Beat up the yolk of a new-laid egg till it is quite thin, and gradually incorporate with it 3 oz. of boiled water. Apply a little of this to the stiff joint three or four times a day by gentle rubbing.

STILTON CHEESE, TO RIPEN.

Select a sound Stilton cheese—one quite unaffected by the fly; take off the top, about a quarter of an inch thick, and scoop out from the centre a piece about two inches deep. Into this cavity place a piece of another Stilton quite ripe, with an abundance of blue mould upon it. Replace the top, and cover up the cheese in lead-paper or coarse cloths. Keep it in a warm cellar, and in about three weeks' time it will be thoroughly impregnated with blue mould, and fit for use.

STINGS OF WASPS AND BEES.

A bruised leaf of the common poppy applied to the stings will give immediate relief.

STOMACHIC, AN EXCELLENT.

Ingredients: 1 oz. of best Turkey rhubarb, 1 oz. of juniper-berries, 1 quart of spirit of camomile.—*Mode:* Infuse the rhubarb and juniper-berries in the spirit of camomile, and take, for a dose, a wineglass of the infusion in an equal quantity of hot water, with a little moist sugar.

STOMACHIC BITTER.

Infusion of columbo, infusion of cascarma, of each 4 oz.; carbonate of potash, 1½ drachm. Mix. Two or three tablespoonfuls occasionally.

STONE, PRESERVATION OF.

The following recipe prevents frost from acting on newly-used Bath and Caen stone, and would be of service to the architect, builder, and operative. Take fresh-burnt lime, and mix it to the consistence of whitewash: to 1 gallon of this add 1 pint of common salt and ¼ lb. of alum. This is to be used similarly to whitewash, and is to be put on as soon as the lime is run, while it is yet warm, and it is then to be dragged off in the spring. This answers well on blocks of stone fresh dug, which usually feel the effects of the weather first when they are equally exposed.

STONE, TO PRESERVE FROM FROST.

Materials: 1 gallon of fresh-burnt lime mixed to the consistency of whitewash, 1 pint of common salt, ¼ lb. of alum.—*Mode:* As soon as the lime has run, while it is yet warm, cover the stone with this mixture, and take it off in the spring. This receipt is especially useful to the architect, builder, &c., to prevent newly-used Bath or Caen stone from being injured by frost.

STONE-WORK.

Window sills, and other stone-work about a house, require frequent washing with a flannel and water. They should afterwards be whitened with hearthstone, or with a wash made of whiting and pipeclay, which can be laid on with a piece of flannel or a soft brush. If the stone-work is inclined to mildew, or to turn green, it should have a new surface given to it by being rubbed with a piece of the same sort of stone dipped in water.

STONES, TO WHITEN.

Wash the surface with clean water, and let it dry; then rub it lightly over with a flannel dipped in a mixture of the following materials:—Boil 2 cakes of pipeclay, 2 tablespoonfuls of carbonate of lime, ½ pint of size, ½ pint of stoneblue-water, in 2 quarts of water. When the stones are dry, after this mixture has been applied, rub them with a dry flannel till they look well.

STOPPING HORSES' FEET.

This in some cases is a very useful operation. It depends, however, upon the nature of the sole, for, if the sole is flat and very thin, the additional moisture afforded by stopping will do more harm than good. When the sole is dry, thick, and hard, stopping is useful: it is only practised on the fore feet. The best stopping is a mixture of clay and cowdung, and the proper manner of using it is to fill the hollow of the sole of the foot with it up to the level of the shoe. Some horses require their feet to be stopped much oftener than others. In hot summer weather it is frequently desirable to use stopping two or three times a week, and if the horse stands in the stable, to keep it in from Saturday till Monday. Some grooms use tow, and some moss, both of which must be kept moistened with water, as stopping; but there is nothing better or more easily managed than clay and cowdung well mixed together.

STORE-ROOM.

Good domestic economy requires that there should be a store-room in every house, proportioned in size to the requirements of the household. In extent, the store-room may vary from a tolerable-sized closet to a room of such dimensions as to contain in it a fireplace and closets, as well as dressers and shelves. Two great points are gained by a store-room. The first is economy of time, and the second, and most material point,— economy of money. A well-stocked store-room should contain a supply, not only of all materials which are in daily use for cooking and other domestic purposes, but also of such articles as are liable to breakage,—as jugs, basins, lamp-glasses, &c. It is impossible to tell what may be necessary to meet the daily wants of a family, and even in neighbourhoods where shops are abundant, there must be great loss of time in sending out for what is required; besides, many things may be wanted at a minute's notice, and in some cases of cookery, all the other materials may be rendered useless through the want of some one which is not to be had in time. Again, those who depend upon shopkeepers for the daily supply of what they want, must live always under the greatest uncertainty whether what they have ordered will be correctly and punctually sent. But, independently of the great inconvenience of such a mode of living, there are many evils which result from the daily calls of tradespeople to solicit orders. To say nothing of the waste of a servant's time in attending to these calls, it is generally the case that larger quantities of different materials are ordered than are necessary, and great waste ensues in consequence. If everything is in the store-room, the mistress, or housekeeper, can give out what she deems sufficient, which, in very many cases, will be less than the quantity which she would be required to buy. Plums, currants, rice, &c., must be bought by weight, but, if kept in stock, they may be given out in quantity; and in this way great economy can be exercised. And, besides this, all articles purchased in large quantities can be had at a much cheaper rate than when bought merely as they are required. Some tradesmen also supply some articles at a much cheaper rate, and better in quality, than others, and they can afford to do so, because their dealings in these particular articles are on a very large scale. Every prudent housekeeper should deal in the best market; but it is not possible to do this when living upon a hand-to-mouth system.

To take, as an instance, one article of daily use—soap—what a great difference is made in the consumption of this one article, whether it is kept in stock or bought in small quantities as required. Not only may it be bought at a cheaper rate in large quantities, but every good housekeeper knows that the sellers of soap keep it moist in order to increase the weight of it, and also that a piece of new moist soap will be consumed very much faster than a piece of the same size which has been kept some time to dry and harden. As soon as the soap comes into the store-room, it should be cut up into convenient-sized pieces, and placed on the window-seat to dry. A good store-room should be well ventilated and free from damp. It is useless to attempt to keep grocery and such-like stores in a damp place. It should be fitted up with shelves and divided into compartments, so as to keep the different stores distinct. The upper shelves may be devoted to extra glass, china, and crockery, which is wanted to supply breakage, or only occasionally taken into use; the lower shelves for such things as are needed daily,—as sugar, plums, currants, rice, sweetmeats, &c. For these, large brown-ware jars, glazed and with covers, will be found very convenient. Each jar should be provided with a small wooden spoon for the purpose of giving out the contents. Store candles should be kept hung up on cords or sticks, or, if a year's supply be had in at a time, they may be kept in a dry store-room in the box in which they are packed; for candles, as soap, are more economically used when old. A store-room, to be complete, should be a small general shop for the supply of the house. It should contain, not only articles of grocery, but a reserve of different kinds of brushes, brooms, useful haberdashery, and similar stores; a pair of scales, with a complete set of weights, is also an indispensable requisite, for everything should be weighed as it is brought in, and many things, of course, will require to be given out by weight. With regard to haberdashery, there may be a difference of opinion as to whether it ought to be introduced into a store-room. A stock of useful articles in this class is certainly better kept there than not kept at all; but though we have placed it among things which ought to be found in a store-room, we certainly incline to the opinion that all such goods are rather out of place there, and that they belong properly to a linen-closet or press. We must not omit to mention that closets under the shelves will be found useful, among other purposes, for storing the paper in which goods are packed, and that a basket should always be kept at hand for odd pieces of string, &c.

STORM-GLASS.

A very useful instrument to forecast a coming storm may be constructed by dissolving 4 parts of camphor, 3 parts of nitre, and 1 part of sal-ammoniac in 32 parts of spirit, and putting the mixture into a clean glass tube, which should be nearly filled by it. In fair weather the liquid in the tube will be quite clear; as stormy weather is approaching, the liquid will become turbid and filmy.

STRAW-PLAIT, TO BLEACH.

Expose it to the fumes of burning sulphur in a close chest or box, or immerse it in a weak solution of chloride of lime, and afterwards wash it well in water. Water strongly acidulated with oil of vitriol or oxalic acid may be used also for the same purpose.

STRENGTHENING MIXTURE.

Ingredients: 7 oz. of infusion of bark, 9 grs. of sulphate of quinine, 30 grs. of diluted sulphuric acid, and 2 drachms of syrup of orange-peel. Mix these, and take as a dose two tablespoonfuls three times a day.

STRENGTHENING PLASTER.

It not unfrequently happens that a broken limb, a weak joint, or a strained muscle, may receive more efficient and

less inconvenient support from a plaster which will remain in its proper place for some time, than from a bandage which is liable to shift. Those who engage in violent exercises, public dancers, clowns, harlequins, and others, frequently use these plasters as a precaution and to avoid any injury. Both of the following recipes are very useful:—Take 1 lb. of diachylon, 1 lb. of gum thuris, and 3 oz. of Armenian bole. Put them together in a pipkin and melt them over the fire; while hot, spread the plaster on linen rag or very thin soft leather; use it when cold as a strapping.

Another.—Take 1 lb. of diachylon, ¼ lb. of gum thuris, 2 oz. of dragon's-blood. Melt and mix these ingredients, and treat them as a plaster.

STRENGTHENING WINE, useful in all cases of Indigestion and General Debility.

Ingredients: 1 drachm of Peruvian bark in powder, 2 drachms of cardamom-seed, 2 drachms of orange-peel, a bottle of wine,—port, orange, or Lisbon wine, according to taste.—*Mode:* Bruise the cardamom-seed and orange-peel, and infuse these and the bark in the wine for five or six days; then strain it off and bottle. Take a wine-glass twice a day.

STUFFING BIRDS.

The beauty of stuffed birds depends much on their being well shot: for the large species, small ball-shot from a rifle should be used, and for smaller ones, dust-shot. As soon as the bird is killed, a little wool should be laid upon the bleeding orifice, the feathers laid in order, and the head wrapped up in tow; it should then be packed in hay and quickly conveyed home. Lay it upon a clean cloth, and part the feathers of the breast and abdomen; then divide the skin, taking care not to soil the feathers, from the breast to the vent; or the body may be opened under the wing: those birds which have beautiful breasts, as the divers &c., may be opened on the back. Separate the skin from the muscles and cellular tissues, by means of the finger or a blunt instrument; push up the thighs and deprive them of the flesh, then break the bone about its middle; draw the skin over the body, and remove it also from the wings to the second joint; treat the wings as you have done the thighs; then turn the skin over the head and remove the occipital part of the skull, so that you may be able to scoop and wash out the brain. Remove the eyes, dissect away as much flesh as possible from the skull, and when you have finished skinning, rub the skin over with chalk, to remove adipose matter; wash it clean with a sponge and warm water, then cover it all over with either the following solution, powder, or soap:—*Solution:* Muriate of mercury, 1 oz.; alcohol, 8 oz. *Powder:* Muriate of mercury, ½ oz.; burnt alum, ½ oz.; tanners' bark, 3 lb.; camphor, 4 oz. *Soap:* Camphor, 5 oz.; arsenious acid, 2 lb.; white soap, 2 lb.; subcarbonate of potass, 12 oz.; powdered lime, 4 oz.

STYE IN THE EYE.

Styes are little abscesses which form between the roots of the eyelashes, and are rarely larger than a small pea. The best way to manage them is to bathe them frequently with warm water or warm poppy-water, if very painful. When they have burst, use an ointment composed of 1 part of citron ointment and 4 of spermaceti, well rubbed together, and smear along the edge of the eyelid. Give a grain or two of calomel with 5 or 8 grains of rhubarb, according to the age of the child, twice a week. The old-fashioned and apparently absurd practice of rubbing the stye with a ring, is as good and speedy a cure as any process of medicinal application; though the number of times it is rubbed, or the quality of the ring and direction of the strokes, have nothing to do with its success. The pressure and the friction excite the vessels of the part, and cause an absorption of the effused matter under the eyelash. The edge of the nail will answer as well as a ring.

SUCCEDANEUM FOR HOLLOW TEETH,

Levigated porcelain, plaster of Paris, and iron filings, equal parts. Mix and make them into a paste with the thickest quick-drying copal varnish.

SUCKLING.

As Nature has placed in the bosom of the mother the natural food of her offspring, it must be self-evident to every reflecting woman, that it becomes her duty to study, as far as lies in her power, to keep that reservoir of nourishment in as pure and invigorating a condition as possible; for she must remember that the *quantity* is no proof of the *quality* of this aliment.

The mother while suckling, as a general rule, should avoid all sedentary occupations, take regular exercise, keep her mind as lively and pleasingly occupied as possible, especially by music and singing. Her diet should be light and nutritious, with a proper sufficiency of animal food, and of that kind which yields the largest amount of nourishment; and, unless the digestion is naturally strong, vegetables and fruit should form a veay small proportion of the general dietary, and such preparations as broths, gruels, arrowroot, &c., still less. Tapioca, or ground-rice pudding, made with several eggs, may be taken freely; but all slops and thin potations, such as that delusion called chicken-broth, should be avoided, as yielding a very small amount of nutriment, and a large proportion of flatulence. All purely stimulants should be avoided as much as possible, especially spirits, unless taken for some special object, and that medicinally; but as a part of the dietary they should be carefully shunned. Lactation is always an exhausting process, and as the child increases in size and strength, the drain upon the mother becomes great and depressing. Then something more even than an abundant diet is required to keep the mind and body up to a standard sufficiently healthy to admit of a constant and nutritious secretion being performed without detriment to the physical integrity of the mother, or injury to the child who imbibes it; and as stimulants are inadmissible, if not positively injurious, the substitute required is to found in *malt liquor*. To the lady accustomed to her Madeira and sherry, this may appear a very vulgar potation for a delicate young mother to take instead of the more subtle and condensed elegance of wine; but as we are writing from experience, and with the avowed object of imparting useful facts and beneficial remedies to our readers, we allow no social distinctions to interfere with our legitimate object.

We have already said that the suckling mother should avoid stimulants, especially spirituous ones; and though something of this sort is absolutely necessary to support her strength during the exhausting process, it should be rather of a *tonic* than of a stimulating character; and as all wines contain a large percentage of brandy, they are on that account less beneficial than the pure juice of the fermented grape might be. But there is another consideration to be taken into account on this subject; the mother has not only to think of herself but also her infant. Now, wines, especially port wine, very often—indeed most frequently—affect the baby's bowels, and what might have been grateful to the mother becomes thus a source of pain and irritation to the child afterwards. Sherry is less open to this objection than other wines, yet still *it* very frequently does influence the second participator, or the child whose mother has taken it.

The nine or twelve months a woman usually suckles must be, to some extent, to most mothers a period of privation and penance, and unless she is deaf to the cries of her baby, and insensible to its kicks and plunges, and will not see in such muscular evidences, the griping pains that rack her child, she will avoid every article that can remotely affect the little being who draws its sustenance from her. She will see that the babe is acutely affected by all

that in any way influences her, and willingly curtail her own enjoyments, rather than see her infant rendered feverish, irritable, and uncomfortable. As the best tonic, then, and the most efficacious indirect stimulant that a mother can take at such times, there is no potation equal to *porter* and *stout*, or, what is better still, an equal part of porter and stout. Ale, except for a few constitutions, is too subtle and too sweet, generally causing acidity or heartburn, and stout alone is too potent to admit of a full draught, from its proneness to affect the head; and quantity, as well as moderate strength, is required to make the draught effectual; the equal mixture, therefore, of stout and porter yields all the properties desired or desirable as a medicinal agent for this purpose.

Independently of its invigorating influence on the constitution, *porter exerts a marked and specific effect on the secretion of milk, more powerful in exciting an abundant supply of that fluid than any other article within the range of the physician's art;* and, in cases of deficient quantity, is the most certain, speedy, and the healthiest means that can be employed to insure a quick and abundant flow. In cases where malt liquor produces flatulency, a few grains of the "carbonate of soda" may advantageously be added to each glass immediately before drinking, which will have the effect of neutralizing any acidity that may be in the porter at the time, and will also prevent its after-disagreement with the stomach. The quantity to be taken must depend upon the natural strength of the mother, the age and demand made by the infant on the parent, and other causes; but the amount should vary from *one* to *two* pints a day, never taking less than half a pint at a time, which should be repeated three or four times a day.

We have said that the period of suckling is a season of penance to the mother, but this is not invariably the case; and as so much must depend upon the natural strength of the stomach, and its power of assimilating all kinds of food into healthy *chyle*, it is impossible to define exceptions. Where a woman feels she can eat any kind of food, without inconvenience or detriment, she should live during her suckling as she did before; but, as a general rule, we are bound to advise all mothers to abstain from such articles as pickles, fruits, cucumbers, and all acid and slowly digestible foods, unless they wish for restless nights and crying infants.

As regards exercise and amusement, we would certainly not prohibit a mother dancing, going to a theatre, or attending a lecture or an assembly. The first, however, is the best indoor recreation she can take, and a young mother will do well to often amuse herself in the nursery with this most excellent means of healthful circulation. The only precaution necessary is to avoid letting the child suck the milk that has lain long in the breast or is heated by excessive action.

Every mother who can, should be provided with a breast-pump, or glass tube, to draw off the superabundance that has been accumulating in her absence from the child, or the first gush excited by undue exertion: the subsequent supply of milk will be secreted under the invigorating influence of a previous healthy stimulus.

As the first milk that is secreted contains a large amount of the saline elements, and is thin and innutritious, it is most admirably adapted for the purpose Nature designed it to fulfil,—that of an aperient; but this, unfortunately, it is seldom permitted, in our artificial mode of living, to perform.

So opposed are we to the objectionable plan of physicking new-born children, that, unless for positive illness, we would much rather advise that medicine should be administered *through* the mother for the first eight or ten weeks of its existence. This practice, which few mothers will object to, is easily effected by the parent, when such a course is necessary for the child, taking either a dose of castor-oil,

Suckling.

¼ oz. of tasteless salts (the phosphate of soda), 1 or 2 teaspoonfuls of magnesia, a dose of lenitive electuary, manna, or any mild and simple aperient, which, almost before it can have taken effect on herself, will exhibit its action on her child.

One of the most common errors that mothers fall into while suckling their children, is that of fancying they are always hungry, and consequently over-feeding them; and with this, the great mistake of applying the child to the breast on every occasion of its crying, without investigating the cause of its complaint, and, under the belief that it wants food, putting the nipple into its crying mouth, until the infant turns in revulsion and petulance from what it should accept with eagerness and joy. At such times, a few teaspoonfuls of water, slightly chilled, will often instantly pacify a crying and restless child, who has turned in loathing from the offered breast; or, after imbibing a few drops, and finding it not what nature craved, throws back its head in disgust, and cries more petulantly than before. In such a case as this, the young mother, grieved at her baby's rejection of the tempting present, and distressed at its cries, and in terror of some injury, over and over again ransacks its clothes, believing some insecure pin can alone be the cause of such sharp complaining, an accident that, from her own care in dressing, however, is seldom nor ever the case.

These abrupt cries of the child, if they do not proceed from thirst, which a little water will relieve, not unfrequently occur from some unequal pressure,—a fold or twist in the "roller," or some constriction round the tender body. If this is suspected, the mother must not be content with merely slackening the strings; the child should be undressed, and the creases and folds of the hot skin, especially those about the thighs and groins, examined, to see that no powder has caked, and, becoming hard, irritated the parts. The violet powder should be dusted freely over all, to cool the skin, and everything put on fresh and smooth. If such precautions have not afforded relief, and, in addition to the crying, the child plunges or draws up its legs, the mother may be assured some cause of irritation exists in the stomach or bowels,—either acidity in the latter or distension from overfeeding in the former; but, from whichever cause, the child should be "opened" before the fire, and a heated napkin applied all over the abdomen, the infant being occasionally elevated to a sitting position, and while gently jolted on the knee, the back should be lightly patted with the hand.

Should the mother have any reason to apprehend that the *cause* of inconvenience proceeds from the bladder—a not unfrequent source of pain,—the napkin is to be dipped in hot water, squeezed out, and immediately applied over the part, and repeated every eight or ten minutes, for several times in succession, either till the natural relief is afforded, or a cessation of pain allows of its discontinuance. The pain that young infants often suffer, and the crying that results from it, is, as we have already said, frequently caused by the mother inconsiderately over-feeding her child, and is produced by the pain of distension, and the mechanical pressure of a larger quantity of fluid in the stomach than the gastric juice can convert into cheese and digest.

Some children are stronger in the enduring power of the stomach than others, and get rid of the excess by vomiting, concluding every process of suckling by an emission of milk and curd. Such children are called by nurses "thriving children;" and generally they are so, simply because their digestion is good, and they have the power of expelling with impunity that superabundance of aliment which in others is a source of distension, flatulence, and pain.

The length of time an infant should be suckled must depend much on the health and strength of the child, and the health of the mother, and the

quantity and quality of her milk; though, when all circumstances are favourable, it should never be less than *nine*, nor exceed *fifteen* months; but perhaps the true time will be found in the medium between both. But of this we may be sure, that Nature never ordained a child to live on suction after having endowed it with teeth to bite and to grind; and nothing is more out of place and unseemly than to hear a child, with a set of twenty teeth, ask for "the breast."

The practice of protracted wet-nursing is hurtful to the mother, by keeping up an uncalled-for, and, after the proper time, an unhealthy drain on her system, while the child either derives no benefit from what it no longer requires, or it produces a positive injury to its constitution. After the period when Nature has ordained the child shall live by other means, the secretion of milk becomes thin and deteriorated, showing in the flabby flesh and puny features of the child both its loss of nutritious properties and the want of other aliment.

Though we have said that twelve months is about the medium time a baby should be suckled, we by no means wish to imply that a child should be fed exclusively on milk for its first year; quite the reverse; the infant can hardly be too soon made independent of the mother. Thus, should illness assail her, her milk fail, or any domestic cause abruptly cut off the natural supply, the child having been annealed to an artificial diet, its life might be safely carried on without seeking for a wet-nurse, and without the slightest danger to its system.

The advantage to the mother of early accustoming the child to artificial food is as considerable to herself as beneficial to her infant; the demand on her physical strength in the first instance will be less severe and exhausting, the child will sleep longer on a less rapidly digestible aliment, and yield to both more quiet nights, and the mother will be more at liberty to go out for business or pleasure, another means of sustenance being at hand till her return. Besides these advantages, by a judicious blending of the two systems of feeding, the infant will acquire greater constitutional strength, so that, if attacked by sickness or disease, it will have a much greater chance of resisting its virulence than if dependent alone on the mother, whose milk, affected by fatigue and the natural anxiety of the parent for her offspring, is at such a time neither good in its properties nor likely to be beneficial to the patient.

All that we have further to say on suckling is an advice to mothers, that if they wish to keep a sound and unchapped nipple, and possibly avoid what is called a "broken breast," never to put it up with a wet nipple, but always to have a soft handkerchief in readiness, and the moment that delicate part is drawn from the child's mouth, to dry it carefully of the milk and saliva that moisten it; and, further, to make a practice of suckling from each breast alternately.

SUGAR.

In judging of moist sugar, which is an article of such extensive consumption in every household, the reader is advised to select bright-looking and large-grained sugar, and to reject those sugars which are dark-coloured, dull-looking, earthy, clammy, and which readily cake together. Good sugar is dry and crystalline, and it does not stain the paper in which it is packed. Very much moist sugar, so bad as to be quite unfit for use, finds its way into the market; and, besides this, there are a great many tricks played with sugar that is really good by "handling" it, as it is termed, that is, mixing it with other sorts of sugar of the same colour, but inferior quality. Loaf-sugar, though not so sweet, is a great deal more pure than the generality of moist sugar, and, as such, is to be preferred to it. Indeed, the *Lancet* commission reported very badly upon moist sugars. "We feel compelled, however reluctantly, to come to the conclusion that

the brown sugars of commerce are, in general, in a state wholly unfit for human consumption."

SUGAR, ADULTERATION OF.

If brown sugar be adulterated with sand, by no means an uncommon practice with unprincipled dealers, the fraud may be detected by taking a glassful of clean water and dissolving a quantity of the suspected sugar therein. If sand, or any similar substance, be present, it will fall to the bottom when the solution has stood some time.

SULPHURIC ACID, or OIL OF VITRIOL (a clear Colourless Liquid, of an Oily Appearance).

Symptoms in those who have swallowed it.—When much is taken, these come on immediately. There is great burning pain, extending from the mouth to the stomach; vomiting of a liquid of a dark coffee-colour, often mixed with shreds of flesh and streaks of blood; the skin inside the mouth is taken off, and the exposed surface is at first white, and after a time becomes brownish. There are sometimes spots of a brown colour round the lips and on the neck, caused by drops of the acid falling on these parts. There is great difficulty of breathing, owing to the swelling at the back part of the mouth. After a time there is much depression of strength, with a quick, weak pulse, and cold, clammy skin. The face is pale, and has a very anxious look. When the acid swallowed has been greatly diluted in water, the same kind of symptoms occur, only in a milder degree.—*Treatment:* Give a mixture of magnesia in milk-and-water, or, if this cannot be obtained, of finely-powdered chalk or whiting, or even of the plaster torn down from the walls or ceiling, in milk-and-water. The mixture should be nearly as thick as cream, and plenty of it given. As well as this, simple gruel, milk, and thick flour-and-water, are very useful, and should be given in large quantities. Violent inflammation of the parts touched by the acid is most likely to take place in the course of a little time, and can only be properly attended to by a surgeon; but if one cannot be obtained, leeches, the fever-mixture or medicine (the recipes for which will be found under these titles), thick drinks, such as barley-water, gruel, arrowroot, &c., must be had recourse to, according to the symptoms of each particular case and the means at hand. The inflamed condition of the back part of the mouth requires particular attention. When the breathing is very laboured and difficult in consequence, from fifteen to twenty leeches are to be immediately applied to the outside of the throat, and when they drop off, warm poppy fomentations constantly kept to the part. When the pain over the stomach is very great, the same local treatment is necessary; but if it is only slight, a good mustard poultice will be sufficient without the leeches. In all these cases, two tablespoonfuls of the fever-mixture should be given every four hours, and only gruel or arrowroot allowed to be eaten for some days. No emetic should be taken.

SULTANA POMATUM.

Take equal quantities of balsam of Mecca, oil of almonds, and spermaceti. It is used to clear and preserve the complexion.

SWEEPING.

It is not an easy matter to sweep well, at any rate, if we may judge by experience; for when a broom is put into the hands of the uninitiated, more harm than good generally results from the use of it. Without the greatest care and some little knowledge, furniture and paint, by being knocked about with the broom, may soon receive an irreparable amount of damage. Before sweeping rooms, the floors should be strewed with a good amount of dry tea-leaves, which should be saved for the purpose: these will attract the dust and save much harm to other furniture, which, as far as possible, should be

covered up during the process. Tea-leaves also may be used with advantage upon druggets and short-piled carpets. Light sweeping and soft brooms are here desirable. Many a carpet is prematurely worn out by injudicious sweeping. Stiff carpet-brooms and the stout arms of inexperienced servants are their destruction. In sweeping thick-piled carpets, such as Axminster and Turkey carpets, the servant should be instructed to brush always the way of the pile: by so doing they may be kept clean for years; but if the broom is used in a different way, all the dust will enter the carpet and soon spoil it.

SWEEPING CHIMNEYS.

Carefully attend to all chimneys. This is a matter quite as essential to safety as to comfort; for more fires originate from foul flues and chimneys than from any other causes. The sweep is not a desirable visitor, but he is a very necessary one. No exact rule can be given as to the length of time that any chimney will go before sweeping is necessary. This depends upon so many things—the size of the chimney, the extent of fire kept up, and the nature of the fuel used. In our variable climate, there are but very few months in the year when we can do without fires, and a kitchen fire is, of course, a daily necessary. No kitchen chimney should be allowed to go longer than four months without sweeping. If it shows any sign of smoking, it must be swept earlier; for though the chimney itself may not be foul, the chimney-pot may be blocked up in such a way as to prevent the free egress of smoke, and no cookery can go on with safety when such is the case. At the time of sweeping, all side-flues of ovens and coppers, which so often run into kitchen chimneys, should be attended to. Much inconvenience often results from these, and sweeps in general will not pay much regard to them unless they are especially pointed out. All other chimneys will most certainly require sweeping once a year; and the dining-room chimneys, perhaps, or the room whatever it may be, which is most generally used, may require to be swept twice. At the time of sweeping the chimney, all small articles of furniture should be removed from the rooms, pictures and curtains taken down, carpets taken up, and the larger furniture carefully packed into the smallest space possible away from the grate, and covered with a dusting-sheet. A sweep who understands his business will make very little dirt. It is often a matter of wonder how such a dirty operation can be performed with so little real inconvenience by a good hand. After the chimney is swept, the room will, of course, require a thorough cleaning; the floor must be washed, grate cleaned, windows cleaned, walls and ceiling lightly swept, &c. &c.

SWELLED FACE.

Boil a large poppy-head in about a pint of water, and bathe the face with the liquid as hot as it can be borne.

SWELLED LEGS.

Horses from over-work and constitutional weakness often have their legs swelled. When this is noticed, wet bandages should be used. The bandage may be put on at night and taken off in the morning. Fresh-gathered cabbage-leaves bound round a horse's leg for an hour or two in the early part of the morning will effectually remove all appearances of swelling. This is a device often practised by dealers, as it can be so managed as not to show the marks of a bandage.

SWIMMING.

Every child should be taught to swim, and the art may very readily be acquired by attention to the following directions:—Place a strap round the waist of the child, and, to prevent it slipping downwards, secure it by another strap round the neck. Let the waist-strap be attached to a pole by means of a running line. The child will then be as a fish, and can be kept in a proper swimming position on the surface of the water by some one holding the pole and letting

out and drawing in the line as required. The proper action of swimming, as given below, must then be carried out, and when confidence is gained the assistance of the line can be dispensed with. The writer's experience can testify that this is the safest, the easiest, and the quickest method of learning to swim. In striking off, the learner should fall towards the water gently, keeping his head and neck quite upright, his breast advancing forward, his chest inflated; then, withdrawing the legs from the bottom, and stretching them out, strike the arms forward in unison with the legs. The back can scarcely be too much hollowed, or the head too much thrown back, as those who do otherwise will swim with their feet too near the surface instead of allowing them to be about a foot and a half deep in the water. The hands should be placed just in front of the breast, the fingers pointing forward and kept close together, with the thumbs to the edge of the forefingers; the hands must be made rather concave on the inside, though not so much as to diminish the size. In the stroke of the hands, they should be carried forward to the utmost extent, taking care that they do not touch the surface of the water; they should next be swept to the side, at a distance from, but as low as the hips, and should then be drawn up again by bringing the arms towards the sides, bending the elbows upwards and the wrists downwards, so as to let the hands hang down while the arms are raising them to the first attitude. The legs, which should be moved alternately with the hands, must be drawn up with the knees inwards and the soles of the feet inclined outwards, and they should then be thrown backwards, as widely apart from each other as possible. These motions of the hands and legs may be practised out of the water; and whilst exercising the legs, which can only be done one at a time, the learner may rest one hand on the back of a chair to steady himself while he moves the opposite leg. When in the water, the learner must take care to draw in his breath at the instant that his hands, descending to his hips, cause his head to rise above the surface of the water; and he should exhale his breath the moment that his body is propelled forward through the action of the legs. If he does not attend precisely to these rules, he must invariably have a downward motion, and, as the boys say, swim furthest where it is deepest.

SYMPATHETIC INKS.

1. Sulphate of copper and sal-ammoniac, equal parts, dissolved in water; writes colourless, but turns *yellow* when heated.—2. Onion-juice, like the last.—3. A weak infusion of galls; turns *black* when moistened with weak copperas-water.—4. A weak solution of sulphate of iron; turns *blue* when moistened with a weak solution of prussiate of potash, and *black*, with infusion of galls.—5. The diluted solution of nitrate of silver and terchloride of gold; darkens when exposed to sunlight.—6. Aquafortis, spirits of salts, oil of vitriol, common salt or saltpetre dissolved in a large quantity of water; turns *yellow* or *brown* when heated.—7 Solution of nitromuriate of cobalt; turns *green* when heated, and disappears again on cooling.—8. Solution of acetate of cobalt, to which a little nitre has been added; becomes *rose-coloured* when heated, and disappears on cooling.

SYRUP OF CHERRIES.

Strip from their stalks and stone some very ripe cherries (morellas are the best); add a little water and boil them for one minute; strain off the juice, and for every quart of clear juice add 1 lb. of loaf-sugar. Reduce this to a syrup over a slow fire, and bottle it when cool.

SYRUP OF MULBERRIES.

This may be made in exactly the same way as syrup of cherries.

SYRUPS.

1. Take of sugar 10 lb.; water, 3 pints. Dissolve the sugar in the water

with a gentle heat.—2. In making syrups for which neither the weight of the sugar nor the mode of dissolving is specified, the following rule is to be observed:—Take of refined sugar reduced to a fine powder, 29 oz.; the liquor prescribed, 1 pint. Add the sugar by degrees, and digest with a moderate heat, in a close vessel, until it is dissolved, frequently stirring it; set the solution aside for twenty-four hours, take off the scum, and pour off the syrup from the fæces, if there be any.—3. Take of sugar 2½ lb.; water, a pint. Dissolve the sugar in the water with the aid of heat; remove any scum which may form, and strain the solution while hot.—4. Take of pure sugar 600 parts; water, sufficient; whites of 2 eggs. Beat the albumen with 3,000 parts of water, and add two-thirds of the mixture to the sugar in a copper vessel, together with 1,000 parts of water; heat over a gentle fire until the water is dissolved, stirring from time to time, and taking care that it does not boil before the solution is complete; when it froths up, damp the fire, and add, by degrees, the solution of albumen in reserve; remove the scum from time to time, and evaporate until it has the sp. gr. of 1·260 while boiling.

TANNED SKIN, TO CLEAN.

Take some unripe grapes and soak them in water, sprinkle them with alum and salt, then wrap them up in paper, and roast them in hot ashes; squeeze out the juice, and wash the face with it every morning. This very simple remedy will soon remove the tan, and will also improve the appearance of the skin generally.

TAR VARNISH.

Take Stockholm tar, 2 gallons; ground ochre, 7 lb.; spirits of turpentine, 6 lb.; tallow, 1 lb.—*Mode:* Melt these and mix them well together. This is an excellent varnish for all outdoor woodwork.

Another Recipe.—1 gallon of coal-tar, ½ pint of spirits of turpentine, 2 oz. of oil of vitriol. Stir these ingredients well together. This is an excellent varnish for iron and woodwork.

TARRAGON VINEGAR.

Gather the tarragon on a dry day; pluck the leaves from the stalks, and put them on a plate near the fire for an hour or more. Fill a wide-mouthed bottle with the dried leaves, and pour on them as much white-wine vinegar as the bottle will hold. Cork the bottle tightly, and leave it for a fortnight; then strain off the clear liquid into sauce-bottles for use. It must be kept well corked, and in a dry place.

TARTAR UPON TEETH, TO REMOVE.

The tartar which so generally accumulates at the back of the teeth, forming often a thick crust, may speedily and effectually be removed by brushing it with a soft brush dipped in fresh flower of brimstone. After a few applications the tartar will crumble away. An excellent recipe.

TATTOOING.

Prick the design upon the skin with a needle, taking care to go deep enough to draw blood. Wash the part well with cold water, and go over it again with a needle; then rub in Indian ink, or gunpowder, which will answer the purpose equally well. A slight inflammation will follow; but, if it is not irritated, it will be well in a few days. The impression will be indelible.

TEA.

Genuine tea is not very often to be met with, for this article is adulterated both by the growers and the dealers. The Chinese are said to be very expert in making the leaves of many different sorts of trees assume the appearance of genuine tea. Green teas, especially, are adulterated by them, for the demand appears to be greater than the supply. However, not all the impurity found in tea is due to the Chinese.

By our own dealers extraneous substances are introduced to give quantity and weight, and increase of profit. The leaves of the sloe, the beech, the elm, the plane, are too freely mixed with tea, and so also are old tea-leaves, which are collected in quantities for the purpose of being dried and worked over again. Catechu, which is a drug possessing very injurious astringent properties, and also logwood, are employed in the preparation of these spurious ingredients. The general consumer cannot possibly detect adulteration in tea; but, knowing the extent to which it exists, he will do well to avoid all cheap teas, and only to purchase this article at the most respectable houses.

TEA, TO MAKE.

A good cup of tea is a luxury, and there is some art in making it. The two great requisites are good tea and proper water. Inferior tea will not make a beverage worth drinking, however much material is used. The best black tea is the cheapest, for a smaller quantity can be used, and a better flavour obtained. Black tea is said to be the most wholesome, but a slight mixture of green very much improves the flavour of all black tea. The water used should be fresh, but soft: hard water will not draw out the flavour. When, as in some places is the case, the water is very hard, many persons put into it a little soda. This certainly has the effect of drawing out the colour of the tea, but we doubt much if it improves the quality of it. The amount of soda can hardly be so small as not to give an unpleasant flavour. Where the water is so very hard, the only plan is to use more tea. In a general way 1 oz. of material will make 2 quarts of good tea. A smaller quantity, however, will suffice if the water be good and the tea properly made. A metal or silver teapot is the best. Have the urn or tea-kettle quite boiling; fill the teapot half full with boiling water, cover it down, and after one minute pour away all the water, so as to leave the pot quite dry and hot. Immediately put in the required quantity of tea, shut the lid close, and leave it for one minute or more for the tea to expand from the heat of the pot. This is very important. Then pour on as much boiling water as will be required, and let the infusion rest for four or five minutes. The tea will then be ready, and may be poured out; but, if more than one pot is required, only about two-thirds should be drawn off before the pot is filled up again. If the teapot be drawn off too closely, if will be useless to attempt to fill it again; the tea will have neither strength nor flavour.

TEA-KETTLE.

The kettle in which water is boiled for tea, whatever be the material of which it is made, should have a lid that shuts closely, and be kept quite free from fur. If water, especially hard water, be constantly boiled in the same vessel, which is filled up from time to time, and never emptied, an amount of fur must accumulate. Many persons, to prevent furring, put into the kettle one or two marbles, or a clean oyster-shell, which, by constantly moving about from the action of the boiling water, prevent the fur from adhering anywhere. No doubt either of these two answers the purpose; but decidedly the best and cleanest plan is never to suffer a kettle to stand with a small quantity of water in it. When not actually required for use, it should have all the water drained out of it, be well rinsed with fresh water, wiped, and left dry tilll it is required for use again.

TEAPOT.

For making good tea the best sort of pot is a silver one. Electro-plated teapots and those of Britannia metal come next. Wedgewood ware and china pots are very inferior to metal. Great care is requisite in keeping a teapot clean and sweet. After use, immediately, the old leaves should be removed, the teapot scalded out with

fresh hot water, and wiped thoroughly dry with a clean cloth. On no account allow the inside of the pot to become stained with the old leaves; no good tea can be made in a stained teapot. The smell alone ought to be sufficient to determine this, and yet many persons never think of having their teapots cleaned inside. If a new teapot is treated from the beginning in the way we have mentioned, it will give but little trouble, and never become stained. Remember also that a teapot should never be put away, even for a few hours, with the lid closed. When the lid is closed, dampness gathers, and the pot soon becomes mouldy.

TEETH, THE.

When a long time elapses without eating, and also when digestion is impaired, the quantity of tartar which accumulates on the teeth is very great. Hence they are always most encrusted in the morning, and during fevers and other affections, when little or no food is taken. We have heard of an instance in which a thick coat of tartar was removed by a dentist, in the belief of its being a diseased tooth; the tooth itself on which it was formed being left in the jaw perfectly sound. When the tartar is not duly removed, its presence injures the teeth, irritates the gums, and generally leads, sooner or later, to considerable suffering. Regular washing and brushing ought, therefore, to be sedulously practised at every period of life, and taught as a duty to the young. When digestion is very vigorous, the health good, and the diet plain, and containing a full proportion of vegetable matter, the deposition of tartar seems to be diminished, and the teeth preserve their natural colour. Many rustics and savages thus possess teeth, the whiteness of which would be envied by many women of fashion. When indigestion is present, the mucous secretions in the mouth become altered in character, and by their incessant contact injure and even destroy the teeth. From this cause we often see the teeth in young people in a state of complete decay. They are, in reality, the subjects of chemical decomposition, and are eaten away by the morbid secretions of the mouth; and hence, in such cases, we generally find the individual complaining of heat and soreness of the tongue, gums, and mouth, and occasionally of the teeth being "set on edge." On the other hand, when the digestion is healthy and vigorous, toothache is rarely experienced, unless it be in consequence of a chill. But even then, severe and continued pain is seldom felt if the stomach have been previously healthy. Being endowed with life, the teeth require more care than if they were merely matter. One way in which they often suffer from losing sight of their vitality, is the sudden changes of temperature to which they are recklessly exposed. Being, from their solidity, rapid conductors of heat, their internal nerve speedily becomes affected by the sudden alterations of temperature which they daily undergo, both in taking food and in the change from a warm to a cold atmosphere. It is in this way that toothache is so often excited by the common custom of taking a glass of cold wine, water, &c., immediately after finishing a plateful of hot soup, meat, &c., and of taking tea and coffee, and every kind of meat, as hot as they can possibly be swallowed. The great source of injury to the teeth, however, both in childhood and in mature age, is disordered digestion. If the health be good, and the stomach perform its functions with vigour, the teeth will resist much exposure without sustaining injury; but if these conditions fail, they will rarely continue long unscathed.

TEETH, MANAGEMENT OF.

The proper management of the teeth is a most important subject, and at all periods of life the occasional advice of a really good dentist is absolutely necessary for every one. The loss of one tooth will frequently save others,

and by timely stopping many teeth may be preserved for years. For children who are losing their first teeth it is of the highest importance that the mouth should be frequently examined, so that assistance, when needed, may be given, in order to secure a good and even set of permanent teeth. Of this second set not one tooth should be lost that can be saved by stopping. At the least uneasiness or tendency to pain, the tooth should be examined. Good cleaning is very essential to preservation; but avoid hard tooth-brushes, which exercise a most pernicious influence both on the teeth and gums. When the gums of a person who habitually uses a hard tooth-brush are examined, they will be found more or less destroyed towards the roots of the teeth, which, thus denuded and deprived of the supply of blood necessary for their vitality, become subject to preternatural decay. The habitual, or even occasional use of hard tooth-brushes is a great mistake. No bristles can well be too soft; and by means of the softest, assisted with some suitable powder, the teeth may be kept perfectly clean. When the gums are very irritable, it is desirable to use a sponge-rubber, that is, a piece of sponge attached to a brush-handle instead of a hair tooth-brush. Those who wish to avoid toothache and preserve their teeth will also carefully abstain from all hot drinks. Prepared chalk, and chalk and magnesia, are the best tooth-powders that can be used by young children. The tartar or fur which collects at the back of the teeth may easily and effectually be removed by rubbing upon them with a brush some finely-powdered flour of brimstone or sulphur. After a few applications the tartar will crumble off, and the teeth be left clean.

TEETH, TO FASTEN LOOSE, AND STRENGTHEN THE GUMS.

Dissolve 1 oz. of myrrh as much as possible in a pint of port wine, and the same quantity of oil of almonds; wash the mouth with this fluid every morning. This is likewise an excellent remedy for worms in the gums.

TEETHING.—Fits, &c., the consequence of Dentition, and how to be treated.—The number and order of the Teeth, and the manner in which they are cut.—First and Second Set.

About three months after birth, the infant's troubles may be said to begin; teeth commence forming in the gums, causing pain and irritation in the mouth, which, but for the saliva they they cause to flow so abundantly, would be attended with very serious consequences. At the same time the mother frequently relaxes in the punctuality of the regimen imposed on her, and, taking some unusual or different food, excites diarrhœa or irritation in her child's stomach, which not unfrequently results in a rash on the skin, or slight febrile symptoms, which, if not subdued in their outset, superinduce some more serious form of infantine disease. But, as a general rule, the teeth are the primary cause of much of the child's sufferings, in consequence of the state of nervous and functional irritation into which the system is thrown by their formation and progress out of the jaw and through the gums. We propose giving full and detailed information upon this most fertile source of an infant's suffering—*Teething*.

That this subject may be better understood by the nurse and mother, and the reason of the constitutional disturbance that, to a greater or less degree, is experienced by all infants, may be made intelligible to those who have the care of children, we shall commence by giving a brief account of the formation of the teeth, the age at which they appear in the mouth, and the order in which they pierce the gums. The organs of mastication in the adult consist of 32 distinct teeth, 16 in either jaw; being, in fact, a double set. The teeth are divided

into 4 incisors, 2 canine, 4 first and second grinders, and 6 molars ; but in childhood the complement or first set consists of only twenty, and these only make their appearance as the development of the frame indicates the requirement of a different kind of food for the support of the system. At birth some of the first-cut teeth are found in the cavities of the jaw, in a very small and rudimentary form ; but this is by no means universal. About the third month, the jaws, which are hollow and divided into separate cells, begin to expand, making room for the slowly-developing teeth, which, arranged for beauty and economy of space lengthwise, gradually turn their tops upwards, piercing the gum by their edges, which, being sharp, assist in cutting a passage through the soft parts. There is no particular period at which children cut their teeth, some being remarkably early, and others equally late. The earliest age that we have ever ourselves known as a reliable fact, was *six weeks*. Such peculiarities are generally hereditary, and, as in this case, common to a whole family. The two extremes are probably represented by six and sixteen months. Pain and drivelling are the usual, but by no means the general, indications of teething.

About the sixth month the gums become tense and swollen, presenting a red, shiny appearance, while the salivary glands pour out an unusual quantity of saliva. After a time, a white line or round spot is observed on the top of one part of the gums, and the sharp edge of the tooth may be felt beneath if the finger is gently pressed on the part. Through these white spots the teeth burst their way in the following order:—

Two incisors in the lower jaw are first cut, though, in general, some weeks elapse between the appearance of the first and the advent of the second. The next teeth cut are the four incisors of the upper jaw. The next in order are the remaining two incisors of the bottom, one on each side, then two top and two bottom on each side, but not joining the incisors ; and lastly, about the eighteenth or twentieth month, the four eye teeth, filling up the space left between the side teeth and the incisors; thus completing the infant's set of sixteen. Sometimes at the same period, but more frequently some months later, four more double teeth slowly make their appearance, one on each side of each jaw, completing the entire series of the child's first set of twenty teeth. It is asserted that a child, while cutting its teeth, should either dribble excessively, vomit after every meal, or be greatly relaxed. Though one or other, or all of these at once, may attend a case of teething, it by no means follows that any one of them should accompany this process of nature, though there can be no doubt that where the pain consequent on the unyielding state of the gums, and the firmness of the skin that covers the tooth, is severe, a copious discharge of saliva acts beneficially in saving the head, and also in guarding the child from those dangerous attacks of fits to which many children in their teething are liable.

The *Symptoms* that generally indicate the cutting of teeth, in addition to the inflamed and swollen state of the gums and increased flow of saliva, are the restless and peevish state of the child, the hands being thrust into the mouth, and the evident pleasure imparted by rubbing the finger or nail gently along the gum; the lips are often excoriated, and the functions of the stomach or bowels are out of order. In severe cases, occurring in unhealthy or scrofulous children, there are, from the first, considerable fever, disturbed sleep, fretfulness, diarrhœa, rolling of the eyes, convulsive startings, laborious breathing, coma, or unnatural sleep, ending, unless the head is quickly relieved, in death.

The *Treatment* in all cases of painful teething is remarkably simple, and consists in keeping the body cool by mild aperient medicines, allaying the irritation in the gums by friction with

rough ivory ring or a stale crust of bread, and when the head, lungs, or any organ is overloaded or unduly excited, to use the hot bath, and by throwing the body into a perspiration, equalize the circulation, and relieve the system from the danger of a fatal termination.

Besides these, there is another means, but that must be employed by a medical man; namely, scarifying the gums, an operation always safe, and which, when judiciously performed, and at a critical opportunity, will often snatch the child from the grasp of death.

There are few subjects on which mothers have often formed such strong and mistaken opinions as on that of lancing an infant's gums; some rather seeing their child go into fits, and by the unrelieved irritation endangering inflammation of the brain, water on the head, rickets, and other lingering affections, than permit the surgeon to afford instant relief by cutting through the hard skin, which, like a bladder over the stopper of a bottle, effectually confines the tooth to the socket, and prevents it piercing the soft, spongy substance of the gum. This prejudice is a great error, as we shall presently show; for, so far from hurting the child, there is nothing that will so soon convert an infant's tears into smiles as scarifying the gums in painful teething; that is, if effectually done, and the skin of the tooth be divided.

Though teething is a natural function, and to an infant in perfect health should be unproductive of pain, yet in general it is not only a fertile cause of suffering, but often a source of alarm and danger; the former, from irritation in the stomach and bowels, deranging the whole economy of the system, and the latter, from coma and fits, that may excite alarm in severe cases; and the danger that eventuates in some instances, from organic disease of the head or spinal marrow.

We shall say nothing in this place of "rickets," or "water on the head," which are frequent results of dental irritation, but proceed to finish our remarks on the treatment of teething. Though strongly advocating the lancing of the gums in teething, and when there are any severe head-symptoms, yet it should never be needlessly done, or before being satisfied that the tooth is fully formed, and is out of the socket, and under the gum. When assured on these points, the gum should be cut lengthwise, and from the top of the gum downwards to the tooth, in an horizontal direction, thus ——, and for about half an inch in length. The operation is then to be repeated in a transverse direction, cutting across the gum, in the centre of the first incision, and forming a cross, thus +. The object of this double incision is to insure a retraction of the cut parts, and leave an open way for the tooth to start from, an advantage not to be obtained when only one incision is made; for unless the tooth immediately follows the lancing, the opening reunites, and the operation has to be repeated. That this operation is very little or not at all painful, is evidenced by the suddenness with which the infant falls asleep after the lancing, and awakes in apparently perfect health, though immediately before the use of the gum-lancet the child may have been shrieking or in convulsions.

Although very much may be done to avert the dangers of teething by proper diet, if air, exercise, and clothing be allowed them in due proportion, and if their minds be kept under control, scarcely any child escapes some degree of inconvenience. In almost all children, the head and bowels become affected, the gums are much inflamed and swollen, the mouth is hot, the tongue white, and the skin dry and hotter than natural. In short, considerable fever is present, and is in all cases attended by so much local cause of uneasiness as to make them very irritable. When symptoms like these occur, it becomes necessary to restrict the child with regard to the quantity and quality of its food. The usual

remedies also in cases of fever and diarrhœa are indicated; such as alteratives combined with gentle laxatives, the warm bath, &c. A great local means of giving relief still remains for adoption. Lancing the gums should never be neglected in these cases. The mode of lancing the gums is not material. On examining an infant's mouth, it will be seen that a ridge runs along the middle of the gum for the whole circle of each jaw; this should be cut freely, and in the shape of a cross, the incisions being carried down to the tooth, and made to cross each other on the tooth itself.

TEST FOR SILVER.

In order to ascertain whether any article is silver, file off a small quantity of it, and dissolve it in a little nitric acid, to which add a few grains of common salt. If the article be silver, a curdy-white precipitate will appear on the top of the liquid.

THRUSH, AND ITS TREATMENT.

This is a disease to which infants are peculiarly subject, and in whom alone it may be said to be a disease; for when thrush shows itself in adult or advanced life, it is not as a disease proper, but only as a symptom, or accessory, of some other ailment, generally of a chronic character, and should no more be classed as a separate affection than the petechiæ, or dark-coloured spots that appear in malignant measles, may be considered a distinct affection.

Thrush is a disease of the follicles of the mucous membrane of the alimentary canal, whereby there are formed small vesicles, or bladders, filled with a thick mucous secretion, which, bursting, discharge their contents, and form minute ulcers in the centre of each vessel. To make this formal but unavoidable description intelligible, we must beg the reader's patience while we briefly explain terms that may appear to many so unmeaning, and make the pathology of thrush fully familiar.

The whole digestive canal, of which the stomach and bowels are only a part, is covered, from the lips, eyes, and ears downwards, with a thin glairy tissue, like the skin that lines the inside of an egg, called the mucous membrane; this membrane is dotted all over, in a state of health, by imperceptible points, called follicles, through which the saliva, or mucus secreted by the membrane, is poured out.

These follicles, or little glands, then, becoming enlarged, and filled with a congealed fluid, constitute thrush in its first stage; and when the child's lips and mouth appear a mass of small pearls, then, as these break and discharge, the second stage, or that of ulceration, sets in.

Symptoms.—Thrush is generally preceded by considerable irritation, by the child crying and fretting, showing more than ordinary redness of the lips and nostrils, hot fetid breath, with relaxed bowels, and dark feculent evacuations; the water is scanty and high-coloured; whilst considerable difficulty in swallowing, and much thirst, are the other symptoms, which a careful observation of the little patient makes manifest.

The situation and character of thrush show at once that the cause is some irritation of the mucous membrane, and can proceed only from the nature and quality of the food. Before weaning, this must be looked for in the mother and the condition of the milk; after that time, in the crude and indigestible nature of the food given. In either case, the exciting cause of the disease must be at once stopped. When it proceeds from the mother, it is always best to begin by physicking the infant through the parent; that is to say, let the parent first take the medicine, which will sufficiently affect the child through the milk: this plan has the double object of benefiting the patient and, at the same time, correcting the state of the mother and improving the condition of her milk. In the other case, when the child is being fed by hand, then proceed by

totally altering the style of aliment given, and substituting farinaceous food, custards, blanc-mange, and ground-rice puddings.

As an aperient medicine for the mother, the best thing she can take is a dessert-spoonful of carbonate of magnesia once or twice a day, in a cup of cold water; and every second day, for two or three times, an aperient pill.

As the thrush extends all over the mouth, throat, stomach, and bowels, the irritation to the child from such an extent of diseased surface is proportionately great, and before attempting to act on such a tender surface by opening medicine, the better plan is to soothe by an emollient mixture; and, for that purpose, let the following be prepared:—Take of castor-oil, 2 drachms; sugar, 1 drachm; mucilage, or powdered gum-arabic, ½ drachm. Triturate till the oil is incorporated, then add, slowly,—mint-water, 1½ oz.; laudanum, 10 drops: half a teaspoonful three times a day, to an infant from one to two years old; a teaspoonful, from two to three years old; and a dessert-spoonful at any age over that time. After two days' use of the mixture, one of the following powders should be given twice a day, accompanied with one dose daily of the mixture:—Grey powder, 20 grains; powdered rhubarb, 15 grains; scammony, 10 grains. Mix. Divide into 12 powders, for one year; 8 powders, from one to two; and 6 powders, from two to six years old. After that age, double the strength, by giving the quantity of two powders at once.

It is sometimes customary to apply borax and honey to the mouth for thrush; but it is always better to treat the disease constitutionally rather than locally. The first steps, therefore, to be adopted are, to remove or correct the exciting cause—the mother's milk or food; allay irritation by a warm bath and the castor-oil mixture, followed by and conjoined with the powders.

To those, however, who wish to try the honey process, the best preparation to use is the following:—Rub down 1 oz. of honey with 2 drachms of tincture of myrrh, and apply it to the lips and mouth every four or six hours.

It is a popular belief, and one most devoutly cherished by many nurses and elderly persons, that everybody must, at some time of their life, between birth and death, have an attack of thrush, and if not in infancy or prime of life, it will surely attack them on their death-bed, in a form more malignant than if the patient had been affected with the malady earlier; the black thrush with which they are then reported to be affected, being, in all probability, the petechiæ, or purple spots that characterize the worst form, and often the last stage, of typhoid fever.

In general, very little medicine is needed in this disease of the thrush; an alterative powder, or a little magnesia, given once or twice, being all, with the warm bath, that, in the great majority of cases, is needed to restore the mucous membrane to health. As thrush is caused by an excess of heat, or over-action in the lining membrane of the stomach and bowels, whatever will counteract this state, by throwing the heat on the surface, must materially benefit, if not cure, the disease; and that means every mother has at hand in the form of a *warm bath*. After the application of this, a little magnesia to correct the acidity existing along the surface of the mucous membrane, is often all that is needed to throw the system into such a state as will effect its own cure. This favourable state is indicated by an excessive flow of saliva, or what is called "dribbling," and by a considerable amount of relaxation of the bowels,—a condition that must not be mistaken for diarrhœa, and checked as if a disease, but rather, for the day or two it continues, encouraged as a critical evacuant.

Should there be much debility in the convalescence, half a teaspoonful of steel wine, given twice a day in a little barley-water, will be found sufficient for all the purposes of a tonic. This,

with the precaution of changing the child's food, or, when it lives on the mother, of correcting the quality of the milk by changing her own diet, and, by means of an antacid or aperient, improving the state of the secretion. Such is all the treatment that this disease in general requires.

TIN.

All new tin or tinned articles for domestic use—saucepans, &c.—should be laid in soak in cold water, and afterwards be thoroughly scalded before using them. The taste of new tin and solder is both disagreeable and noxious; it can more speedily be removed by putting a piece of live coal or burning charcoal into the cold water and shaking it about. The vessel must afterwards be scalded.

TIN COVERS, TO CLEAN.

Wash them in hot water free from all grease. Rub them over with a paste made of rotten-stone and rape-oil, using a soft rag, and then polish them with clean soft rag or a leather.

TINCTURE FOR COUGHS.

Take honey, 6 oz.; saffron, ½ oz.; benzoic acid, ¾ oz.; opium, 5 drachms; camphor, ½ oz.; carbonate of potass, ½ oz.; oils of caraway and anise, each 2 drachms; spirits of wine, 6 drachms. Colour deeply with burnt sugar.

TINNING IRON ARTICLES.

Heat the iron to be tinned moderately, then file it smooth; rub sal-ammoniac and olive-oil upor it; then with an iron already tinned (being very hot) insert a piece of tin, and rub the tin pieces together: wherever the sal-ammoniac and oil have touched, the part will be covered with tin.

TOAST AND WATER.

This beverage cannot be properly made if the bread is burnt. The greatest care is necessary in toasting it. Take a slice of crumb about an inch thick from a stale loaf, toast it thoroughly at a long distance from a very clear fire, so that it may be toasted all through, and the outside of an even rich brown colour. When the bread is thoroughly done, put it into a jug, and pour over it, while still hot, as much cold spring water as required. Cover the jug over, and leave it to stand twelve hours. It is a good plan to make a supply overnight for the next day. It will then be richly coloured and beautifully clear.

TOBACCO WATER.

Pour boiling water on the strongest shag tobacco in the proportion of ½ gall. of water to every oz. of tobacco. This mixture is most useful for washing blighted plants in rooms and conservatories.

TOILETTE, THE, HINTS FOR.

Hair preparations are like medicines, and must be varied according to the consumer. For some pomatum is preferable; for others oil; while some again require neither, and should use hair-washes or lotions. A mixture of lime-juice and glycerine has lately been introduced, and has met with great success, for it clears the hair from pellicles, the usual cause of premature baldness. For all these things, however, personal experience is the best guide.

Tooth-powders are preferable to tooth-pastes. The latter may be more pleasant to use, but the former are certainly more beneficial.

Lotions for the complexion require, of all other cosmetics, to be carefully prepared. Some are composed with mineral poisons, which render them dangerous to use, although they may be effectual in curing certain skin diseases. There ought to be always a distinction made between those intended for healthy skins and those that are to be used for cutaneous imperfections; besides, the latter may be easily removed without having recourse to any violent remedies.

Paints for the face we cannot conscientiously recommend. Rouge is innocuous in itself, being made of cochineal and safflower; but whites are often made of deadly poisons. The

best white ought to be made of mother-of-pearl, but it is not often so prepared. To professional people, who cannot dispense with these, we must recommend great care in their selection; but to others we would say, cold water, fresh air, and exercise are the best receipts for health and beauty, for no borrowed charms can equal those of

> "A woman's face with Nature's own hand painted."

Ray's advice on cosmetics is worthy of notice. He says, "No better cosmetics than a severe temperance and purity, modesty and humility, a gracious temper and calmness of spirit; no true beauty without the signature of these graces in the very countenance."

TOMATO, THE, MEDICINAL PROPERTIES OF.

To many persons there is something unpleasant, not to say offensive, in the flavour of this excellent fruit. It has, however, long been used for culinary purposes in various countries of Europe. Dr. Bennett, a professor of some celebrity, considers it an invaluable article of diet, and ascribes to it very important medicinal properties. He declares:—1. That the tomato is one of the most powerful deobstruents of the *matéria medica;* and that, in all those affections of the liver and other organs where calomel is indicated, it is probably the most effective and least harmful remedial agent known in the profession.—2. That a chemical extract can be obtained from it, which will altogether supersede the use of calomel in the cure of diseases.—3. That he has successfully treated diarrhœa with this article alone. That when used as an article of diet, it is almost a sovereign remedy for dyspepsia and indigestion.

TONIC BALLS FOR HORSES.

Ingredients: 2 oz. of Peruvian bark, 2 oz. of camomile, ¼ oz. of gentian, 4 drachms of sulphate of copper.—*Mode:* Divide this quantity into 4 parts, add 10 drops of aniseed to each part, and mix it into a ball with honey. Give a ball once a week for four successive weeks.

TONIC MIXTURE, useful in Cases of General Debility.

Ingredients: 1 scruple of salt of steel, 1 drachm of powdered myrrh, 1 scruple of prepared kali, 1 oz. of syrup of ginger, 1 oz. of compound tincture of cinnamon, 6 oz. of water.—*Mode:* Mix these, shake the bottle well, and take two tablespoonfuls two or three times a day.

TONIC PILLS, to be given in Cases of Laxity and General Debility.

Ingredients: 1 drachm of extract of bark, 2 scruples of salt of steel, 1 scruple of prepared kali, six drops of oil of cinnamon. Mix these, and make them into ordinary-sized pills, of which a grown-up person may take one or two twice a day.

TONIC POWDERS.

Ingredients: 1 oz. of Peruvian bark, 1 drachm of powdered ginger.—*Mode:* Mix these, and make of the mixture 12 powders, of which one may be taken two or three times a day.

TONSILS.

Inflamed tonsils at an early stage may generally be cured by a gargle of port wine and vineger; but if the inflammation be obstinate, a little finely-powdered alum may be applied daily to the tonsils with a brush with great advantage. These remedies are simple and may be used with safety. Caustic, which is a severer application, should never be used to the tonsils unless with medical advice.

TOOL-CHEST.

No house, especially no house in the country, ought to be considered properly furnished unless provided with a tool-chest. Many a shilling may be saved, and often the greatest inconvenience avoided, by having at hand a few simple tools, which will enable any one to

repair a damage as it occurs, without sending for a tradesman. In the country, where distances are long and tradesmen scarce, it is almost indispensable that some one of the household should know how to handle a few common tools. The tool-chest need not contain much, and its cost would be very trifling. The following list will embrace everything essential. One or two useful-sized hammers, two screwdrivers, three or four gimlets, one fine and one coarse saw, two or three bradawls, a pair of pincers, a mallet, and one or two chisels, an axe, a spokeshave and a plane; also an assortment of nails, screws, and tacks, which are always useful. With these at command, any handy man about the house can take up and put down carpets, remove curtains and window-blinds, fix up shelves, take off locks, tighten hinges, take down bedsteads and put them together again, and perform a thousand other little operations of almost daily occurrence, every one of which could not be delayed without, perhaps, great inconvenience, and the aggregate, if paid for, would make a large amount at the end of the year.

TOOTHACHE.

In a fit of the toothache, we would advise the patient immediately to take some active aperient, which will operate speedily; as one of the following pills:—Take of compound extract of colocynth, compound rhubarb pill, of each ½ drachm; calomel, 12 grains; oil of caraway, 5 drops; syrup sufficient to form the whole into a mass. Divide it into 15 pills. At the same time take the following draught:—Take of compound infusion of senna, 1½ oz.; cinnamon-water, 2 drachms; manna, 1 drachm; Epsom salts, 1 or 2 drachms, or more. Mix. Assist the operation of this pill and draught by sipping frequently a little warm tea. So soon as the bowels are freely opened, the patient usually experiences much relief; and, after this, one of the best plans of treatment that can be adopted is, to preserve a regular state of the bowels by attention to diet and the occasional use of the following pill:—Take of Socotrine aloes, 36 or 40 grains; rub it well with 13 grains of gum-mastic, and add compound extract of gentian and compound galbanum pill, of each 24 grains, and oil of aniseed a sufficient quantity to make 20 pills. At the same time endeavour to improve the condition of the digestive functions by resorting to daily active exercise and friction over the region of the stomach and bowels. This is a rational plan when the pain originates in internal irritation, and is certainly the most successful means of curing the affection when it admits of cure, and when it does not, of lessening its frequency and severity. If the pain appear to be of a rheumatic character, 4 grains of compound ipecacuanha powder may be taken, twice or thrice a day, and the parts fomented with a decoction of poppy-heads and camomile-flowers, or rubbed with a stimulating embrocation, such as the following:—Take of water of ammonia, or of spirit of hartshorn, 1 oz.; olive-oil, 2 oz.; shake them together till they unite. A blister behind the ears will sometimes be of great service.

Another Recipe.—Take a piece of sheet zinc about the size of a sixpence, and a piece of silver, say a shilling; place them together, and hold the defective tooth between them or contiguous to them; in a few minutes the pain will be gone, as if by magic. The zinc and silver, acting as a galvanic battery, will produce on the nerves of the tooth sufficient electricity to establish a current, and consequently to relieve the pain. Or smoke a pipe of tobacco and caraway-seeds.

Another.—A small piece of the pellitory-root will, by the flow of saliva it causes, afford relief. Creosote, or a few drops of tincture of myrrh, or Fryer's balsam, on cotton put on the tooth, will often subdue the pain. A small piece of camphor, however, retained in the mouth is the most reliable and likely means of conquering the paroxysms of this dreaded enemy.

Another.—When the pain is very

severe and other remedies fail of relief, much benefit is often derived from holding cold water or a piece of ice in the mouth.

Another.—If the toothache is caused by a tooth so decayed as to have a hole or cavity in it, fill up this with a small piece of cotton-wool saturated with camphorated chloroform.

TOOTH-POWDER.

Ingredients: ½ lb. of charcoal, ¼ lb. of Peruvian bark. Reduce these to the finest possible powder, and mix them well together.

Another Recipe.—1 oz. alum, 1 oz. of myrrh, ½ oz. of camphor, ½ oz. of cream of tartar. Pound these ingredients as fine as possible, and mix them well together.

Another.—½ oz. of charcoal, ½ oz. of orris-root, 2 drachms of cuttlefish-bone, and 1 drachm of myrrh, reduced to the finest powder and well mixed.

Another. —Prepared chalk, 4 oz.; powdered cinnamon, ¼ oz. A little myrrh and essence of violets may be added, and the whole well mixed.

Another, very good.—Take a large piece of crumb of bread or the inside of a French roll, burn it to charcoal, and reduce it to a very fine powder, first by bruising it in a mortar, and after that by rolling it.

TOP BOOTS

Are still occasionally worn by gentlemen. While cleaning the lower part in the usual manner, protect the tops by inserting a cloth or brown paper under the edges and bringing it over them. In cleaning the tops, let the covering fall down over the boot; wash the tops clean with soap and flannel, and rub out any spots with pumice-stone. If the tops are to be white, dissolve 1 oz. of oxalic acid and ½ oz. of pumice-stone in a pint of soft water; if a brown colour is intended, mix 1 oz. of muriatic acid, ½ oz. of alum, ½ oz. of gum-arabic, and ½ oz. of spirit of lavender, in a pint and a half of skimmed milk "turned." These mixtures apply by means of a sponge, and polish, when dry, with a rubber made of soft flannel.

TORTOISESHELL, TO POLISH.

Material: Rouge-powder.—*Mode:* Rub the tortoiseshell with a linen rag dipped in rouge-powder; afterwards polish with the hand. Tortoiseshell combs should always be rubbed with the hand after they are removed from the hair; they will not then lose their polish.

TRANSFERRING PRINTS TO WOOD.

First varnish the wood once with white hard varnish, which facilitates the transferring; then cut off the margins of the print, which should be on unsized paper,—that is, paper that absorbs like blotting-paper, and wet the back of it with a sponge and water, using enough water to saturate the paper, but not so as to be watery on the printed side. Then, with a flat camel-hair brush, give it a coat of transfer (spirits of wine) varnish on the printed side, and apply it immediately—varnished side downwards—to the woodwork, placing a sheet of paper on it, and pressing it down with the hand till every part adheres; then gently rub away the back of the print with the fingers, till nothing but a thin pulp remains. It may require being wetted again before all that will come (or rather ought to come) off is removed. Great care is required in this operation, that the design or printed side be not disturbed. When this is done, and quite dry, give the work a coat of white hard varnish, and it will appear as if printed on the wood.

TREACLE-BEER.

This is a very good substitute for malt liquor, if properly made, and might be very serviceable in many cottages of the poor, where something better than weak tea and pump-water is required to keep up the strength of the labourer, and where malt, from its cost, cannot be afforded. It is very

easily made and very wholesome; moreover, it can be made in very small quantities. Take any open vessel that will hold 3 gallons, put into it 1 lb. of treacle, and pour upon this 2 quarts of boiling water, stirring it well till the treacle is mixed with it; then add 6 quarts of cold water and a teacup of yeast. After this, put it into a clean cask and bung it down. It will be ready to drink in two or three days. If it can be kept longer, it will be much improved by the addition of a few hops and a very little dry malt to the cask. If it works much, the bung must be kept out for a day or two.

TREACLE VINEGAR.

Mix together the best treacle with good white-wine vinegar in the proportion of ½ pint of treacle to ¼ pint of vinegar, and bottle for use. A teaspoonful of this vinegar pure is useful in cases of sore throats. A tablespoonful in water makes a nice cooling drink, and if taken early in the morning before breakfast, it will be found a gentle aperient.

TURKEYS.

In choosing turkeys, give the preference to hens. If the turkey be old, the legs will be rough, and of a reddish colour. In a young turkey the legs are smooth and black. Fresh-killed birds have their eyes full and clear and the feet moist.

TURPENTINE.

When turpentine is to be used as an outward application, after the manner of a poultice, to allay pain or inflammation, it should be sprinkled upon a piece of flannel which has been dipped in boiling water, and wrung out as quickly as possible to preserve the heat.

ULCERATED SORE THROAT.

The safest and most speedy remedy in all cases of this sort is to have the ulcers touched with caustic as soon as they appear.

VALET, DUTIES OF THE.

"No man is a hero to his valet," saith the proverb; and the corollary may run, "No lady is a heroine to her maid." The infirmities of humanity are, perhaps, too numerous and too equally distributed to stand the severe microscopic tests which attendants on the person have opportunities of applying. The valet and waiting-maid are placed near the persons of the master and mistress, receiving orders only from them, dressing them, accompanying them in all their journeys, the confidants and agents of their most unguarded moments, of their most secret habits, and of course subject to their commands,—even to their caprices; they themselves being subject to erring judgment, aggravated by an imperfect education. All that can be expected from such servants is polite manners, modest demeanour, and a respectful reserve, which are indispensable. To these, good sense, good temper, some self-denial, and consideration for the feelings of others, whether above or below them in the social scale, will be useful qualifications. Their duty leads them to wait on those who are, from their wealth, station, and education, more polished, and consequently more susceptible of annoyance; and any vulgar familiarity of manner is opposed to all their notions of self-respect. Quiet, unobtrusive manners, therefore, and a delicate reserve in speaking of their employers, either in praise or blame, are as essential in their absence as good manners and respectful conduct in their presence.

Some of the duties of the valet we have hinted at in treating of the duties of the footman in a small family. His day commences by seeing that his master's dressing-room is in order; that the housemaid has swept and dusted it properly; that the fire is lighted and burns cheerfully; and some time before his master is expected, he will do well to throw up the sash to admit fresh air, closing it, however, in time to recover the temperature which

he knows his master prefers. It is now his duty to place the body-linen on the horse before the fire, to be aired properly; to lay the trousers intended to be worn, carefully brushed and cleaned, on the back of his master's chair; while the coat and waistcoat, carefully brushed and folded, and the collar cleaned, are laid in their place, ready to be put on when required. All the articles of the toilet should be in their places, the razors properly set and stropped, and hot water ready for use.

Gentlemen generally prefer performing the operation of shaving themselves, but a valet should be prepared to do it if required; and he should, besides, be a good hairdresser. Shaving over, he has to brush the hair, beard, and moustache, where that appendage is encouraged, arranging the whole simply and gracefully, according to the age and style of countenance. Every fortnight, or three weeks at the utmost, the hair should be cut, and the points of the whiskers trimmed as often as required. A good valet will now present the various articles of the toilet as they are wanted; afterwards, the body-linen, neck-tie, which he will put on, if required, and, afterwards, waistcoat, coat, and boots, in suitable order, and carefully brushed and polished.

Having thus seen his master dressed, if he is about to go out, the valet will hand him his cane, gloves, and hat, the latter well brushed on the outside with a soft brush, and wiped inside with a clean handkerchief, respectfully attend him to the door, and open it for him, and receive his last orders for the day.

He now proceeds to put everything in order in the dressing-room, cleans the combs and brushes, and brushes and folds up any clothes that may be left about the room, and puts them away in the drawers.

Gentlemen are sometimes indifferent as to their clothes and appearance; it is the valet's duty, in this case, where his master permits it, to select from the wardrobe such things as are suitable for the occasion, so that he may appear with scrupulous neatness and cleanliness; that his linen and neck-tie, where that is white or coloured, are unsoiled; and where he is not accustomed to change them every day, that the cravat is turned, and even ironed, to remove the crease of the previous fold. The coat-collar—which, where the hair is oily and worn long, is apt to get greasy—should also be examined; a careful valet will correct this by removing the spots day by day as they appear, first by moistening the grease-spots with a little rectified spirits of wine or spirits of hartshorn, which has a renovating effect, and the smell of which soon disappears. Then the grease is dissolved and removed by gentle scraping. The grease removed, he should add a little more of the spirit, and rub with a piece of clean cloth; finish by adding a few drops more; rub it with the palm of the hand in the direction of the grain of the cloth, and it will be clean and glossy as the rest of the garment.

Polish for the boots is an important matter to the valet, and not always to be obtained good by purchase; never so good, perhaps, as he can make for himself after the following recipes:—Take of ivory-black and treacle each 4 oz., sulphuric acid 1 oz., best olive-oil 2 spoonfuls, best white-wine vinegar 3 half-pints; mix the ivory-black and treacle well in an earthen jar, then add the sulphuric acid, continuing to stir the mixture; next pour in the oil, and, lastly, add the vinegar, stirring it in by degrees, until thoroughly incorporated.

Another polish is made by mixing 1 oz. each of pounded galls and logwood-chips and 3 pints of red French wine (ordinaire). Boil together till the liquid is reduced to half the quantity, and pour it off through a strainer. Now take ½ lb. each of pounded gum-arabic and lump-sugar, 1 oz. of green copperas, and 3 pints of brandy; dissolve the gum-arabic in the preceding decoction, and add the sugar

and copperas; when all is dissolved and mixed together, stir in the brandy, mixing it smoothly. This mixture will yield 5 or 6 lb. of a very superior polishing paste for boots and shoes.

It is, perhaps, unnecessary to add, that, having discharged all the commissions intrusted to him by his master, such as conveying notes or messages to friends, or tradesmen, all of which he should punctually and promptly attend to, it is the valet's duty to be in waiting when his master returns home to dress for dinner, or for any other occasion, and to have all things prepared for this second dressing. Previous to this, he brings under his notice the cards of visitors who may have called, delivers the messages he may have received for him, and otherwise acquits himself of the morning's commissions, and receives his orders for the remainder of the day. The routine of his evening duty is to have the dressing-room and study, where there is a separate one, arranged comfortably for his master, the fires lighted, candles prepared, dressing-gown and slippers in their place, and aired, and everything in order that is required for his master's comfort.

VANILLA PASTILLES.

Ingredients: 25 parts of finely-powdered gum-galbanum, 25 parts of finely-powdered tears of olibanum, 25 parts of finely-powdered tears of storax, 25 parts of powdered nitre, 25 parts of powdered cloves, 35 parts of vanilla, 115 parts of powdered charcoal, and 12 parts of spirits of wine.—*Mode:* Blend these materials well together into a thick paste, and form them into pastilles of the usual size and shape.

VAPOUR, TO INHALE.

Whenever, as a remedy for sore-throat or other causes, it is necessary to inhale vapour, the readiest plan to effect this is to create the vapour in a basin, and to inclose the top of the basin with the wide part of a funnel, while the smaller end is inserted in the mouth of the patient. To prevent any escape of vapour, a wet cloth should be placed round the funnel where it joins the basin. If a tin basin be used, it may be set over a spirit-lamp and the vapour kept up for some long time.

VARNISH FOR BASKETS, WOOD, FLOOR-BOARDS, &c.

Ingredients: Take wax, red, black, or white, according to the colour required, and to every 2 oz. of wax use 1 oz. of spirits of wine.—*Mode:* Pound the wax quite fine, and sift it through a fine lawn sieve, then put it into a bottle with the spirits of wine; cork the bottle, and shake it frequently for two days. The varnish will then be fit for use.

VARNISH FOR BOOTS.

Logwood chips, ½ lb.; glue, ¼ lb.; indigo, pounded very fine, ¼ oz.; soft soap, ¼ oz.; isinglass, ¼ oz. Boil these ingredients in two pints of vinegar and one of water during ten minutes after ebullition; then strain the liquid. When cold, it is fit for use. To apply this varnish, the dirt must be washed from the boots or shoes; when these are quite dry, the liquid polish is put on with a bit of sponge.

VARNISH FOR CARD-WORK.

Before varnishing card-work it must receive two or three coats of size to prevent the absorption of the varnish and any injury to the design. The size may be made by dissolving a little isinglass in hot water, or by boiling some parchment-cuttings until dissolved. In either case, the solution must be strained through a piece of clean muslin, and, for very nice purposes, should be clarified with a little white of egg. A small clean brush, called by painters a "sash-tool," is the best for applying the size as well as the varnish. A light, delicate touch must be adopted, especially for the first coat, lest the ink or colours be started or smothered.

VARNISH FOR DRAWINGS.

Boil some clear parchment-cuttings in water, in a glazed earthen vessel, till they produce a very clear size; strain it, and keep it till wanted; then give the work two coats of the size, passing the brush quickly over the work, so as not to disturb the colours. Or, mix 1 oz. of Canada balsam and 2 oz. of spirits of turpentine together, then size the print or drawing with a solution of isinglass in water, and, when it is perfectly dry, apply the varnish to it with a camel-hair brush.

VARNISH, TO POLISH.

It is impossible to lay any sort of varnish upon work so smoothly as not to show the brush-marks; but it is not a difficult matter to polish varnish when perfectly dry. For this purpose make a soft rubber of a smooth piece of cork covered over with fine flannel; then take 2 oz. of tripoli, finely powdered, put it in a jar, with just sufficient water to cover it; dip the rubber in this, and with it proceed to polish the varnish, keeping it well wetted with the tripoli-water; sponge the work occasionally, and as soon as there is a fair, even surface upon it, rub it well over with mutton suet and fine flour with the palm of the hand or tips of the fingers. When this is well cleaned off, a most beautiful polish will be found. Varnished carriage-panels, &c., and picture-frames, are polished in this way.

VARNISHED FURNITURE.

This may be finished off so as to look equal to the best French polished wood, in the following manner:—Take 2 oz. of tripoli, powdered; put it into an earthen pot, with just enough water to cover it; then take a piece of white flannel, lay it over a piece of cork or rubber, and proceed to polish the varnish, always wetting it with the tripoli-water. It will be known when the process is finished, by wiping a part of the work with a sponge, and observing whether there is a fair, even gloss. When this is the case, take a bit of mutton suet and fine flour and clean the work. The above process is suitable to other varnished surfaces.

VARNISHES FOR COLOURED PRINTS.

1. Take 1 oz. of Canada balsam and 2 oz. of spirits of turpentine. Mix them together. Before this composition is applied, the drawing or print should be sized with a solution of isinglass in water, and when dry apply the varnish with a camel-hair brush.—2. Dissolve 1 oz. of the best isinglass in about a pint of water, by boiling it over the fire; strain it through fine muslin, and keep it for use. Try the size on a piece of paper moderately warm, and if it glistens, it is too thick; add more water. If it soaks into the paper, it is too thin; add or diminish the isinglass till it merely dulls the surface; then give your drawing two or three coats, letting it dry between each, being careful (particularly in the first coat) to bear very lightly on the brush, which should be a flat tin camel-hair, and the size should flow freely from it, otherwise you may damage the drawing. Then take the best mastic varnish, and with it give at least three coats, and the effect will answer your most sanguine wishes. This is the method used by many eminent artists, and is found superior to any that has been tried.—3. Dilute ¼ lb. of Venice turpentine with 1 gill of spirits of wine; if too thick, a little more of the last; if not enough, a little more of the former, so that you bring it to the consistence of milk; lay one coat of this on the right side of the print, and, when dry, it will shine like glass. If it be not to your liking, you may lay on another coat.

VEGETABLES, TO KEEP GREEN.

Green vegetables must be kept on damp stones, covered over with a damp cloth. Beet-root, parsnips, carrots, and potatoes are best kept in dry sand

during the winter. Never wash them till they are wanted for use. Onions should be tied up in bunches and hung up. Take and bury parsley in a jar during the winter, or dry it, by hanging it up in a warm room.

VEILS, BLACK, TO CLEAN.

Add a little ox-gall to a pint of warm water, and dip the veils into it: rinse them in cold water; then take a small piece of common glue, pour some boiling water upon it, so as to make a weak size. Into this size steep the veils; draw them out quickly, clap them, and stretch them on frames, or pin them out to dry.

VELVET.

Articles in velvet should always be made up the reverse way of the pile, that is, so that the pile inclines upwards. This prevents them looking white. If the pile of velvet, from any cause, is crushed or flattened, it may be raised by holding the reverse side over a basin of boiling water.

VELVET, TO RAISE THE PILE OF WHEN PRESSED DOWN.

Cover a hot smoothing-iron with a wet cloth, and hold the velvet firmly over it: the vapour arising will raise the pile of the velvet with the assistance of a light whisk.

VENTILATION.

Good ventilation in a house is second only to good drainage. No dwelling can be free from disease if there be no escape for vitiated air. Every room should have in it an open fireplace, and all windows should be made to open at the top as well as at the bottom. Foul air always ascends, and the higher the escape for it can be placed in the room the better. For this purpose nothing is better than a skylight. A great improvement has, of late years, been introduced into houses by means of lanterns, as they are termed, which, though designed for the purpose of lighting a staircase all the way from the top to the bottom, have a most material effect upon the ventilation of the house. By opening a side window in the lantern, and creating a draught at the bottom by means of an open door, the entire air of the house may be changed in a few minutes, and all unpleasant smells of dinners, &c., be got rid of. Ventilation, though in itself of so great importance, is very little regarded in the construction of houses. In a general way it is left to take care of itself, and this it does in very many of our houses; for, provided as they are with tolerably large open fireplaces, and with doors which are frequently opened, a sufficient ventilation is secured. Fresh air enters the room by the open window, the lower part of the open door, and any crevice which may exist at a small height from the floor, while the vitiated and specifically lighter air escapes, partly at the open fireplace and chimney, partly by the crevices round the upper part of the doors, and windows. In crowded rooms, however, where a larger amount of vitiated atmosphere is generated than usual, some arrangement must be made for its removal. This may be done by perforating the upper panes of glass in the window, or by inserting a ventilator in the chimney, or in one of the walls as near as possible to the ceiling. Ventilation is not only necessary for a dwelling-room, but generally for all parts of a house. Unless air be kept in circulation, it becomes vitiated, just in the same way as water does. We are all aware of the many disagreeables which arise from stagnant water, and not less unwholesome and injurious are the effects of confined air. In both air and water, motion is the great antidote to impurity. No cellar or closed closet should be left without some mode of ventilation. Iron air-bricks are useful for cellars, and slips of perforated zinc may, with advantage, be introduced into all doors that are usually kept closed, or large gimlet-holes may be made in them both at the top and bottom. In stables and other buildings

requiring ventilation, where, at the same time, draught should be avoided, perforated zinc may be used. The space over the doorway, usually occupied by a fanlight, should be fitted with zinc instead of glass; and if this is not sufficient, an air-tube of the same material may run along the whole length of the roof of the stable, and communicate with the outside air. In this way any amount of ventilation may be secured.

VENTILATION IN ROOMS LIGHTED WITH GAS.

In dwelling-houses lighted by gas, the frequent renewal of the air is of great importance. A single gas-burner will consume more oxygen, and produce more carbonic acid to deteriorate the atmosphere of a room, than six or eight candles. If, therefore, when several burners are used, no provision is made for the escape of the corrupted air and for the introduction of pure air from without, the health will necessarily suffer.

VERMIN IN POULTRY.

This is greatly the result of carelessness and mismanagement. When fowls are half starved, the place where they are kept all covered with filth, and where there is no dry corner with dust and ashes where they may roll themselves, it is hardly to be wondered at if vermin abound. One thing is quite certain, fowls will neither fatten nor lay in this unclean state. Where the disease is very bad there appears to be no remedy; the sooner the fowls are killed, and out of the way of doing harm to others, the better. With cleanliness, good food, and warm shelter, there is not much fear of vermin.

VINEGAR.

The purest vinegar is that which is home-made. A very large quantity of what is sold as vinegar is little else than sulphuric acid and water coloured with brown sugar. The use of sulphuric acid in such quantities is not only highly injurious but it is illegal, for the law has fixed one part to a thousand as the proportion in which it may be used. There are many good recipes for making vinegar at home, which will be found elsewhere. We will here give only one which is managed by means of the vinegar-plant, the use of which ought to be more generally known than it appears to be; for though the vinegar made from it is not perhaps so pungent as that sold at the shops, it is of the purest kind and very wholesome. Mix together ½ lb. of coarse moist sugar, ½ lb. of treacle, and 5 pints of milk-warm water. Put the mixture into a shallow earthen pan, and float on it a young vinegar-plant. Cover the pan with a cloth to keep out dust, but not to exclude air. In seven weeks the mixture will be changed to vinegar, which may be strained off and bottled for use. At the end of another seven weeks the plant may be divided, and additional pans set to work.

VINEGAR (a Cheap Recipe).

Ingredients: ¾ lb. of coarse moist sugar, 1 gallon of water, 1 tablespoonful of yeast, 1 oz. of cream of tartar. —*Mode:* Boil the sugar in the water for half an hour, skimming it well. Let it cool, and add the yeast. The next day put the mixture into a stone bottle with the cream of tartar, and set it in the full sunshine for a few weeks.

VINEGAR FROM GOOSEBERRIES.

Ingredients: 2 pecks of crystal gooseberries, 6 gallons of water, 12 lb. of foots sugar, of the coarsest quality.—*Mode:* Mash the gooseberries, which should be quite ripe, with a mallet; put to them the water nearly milk-warm; let this stand twenty-four hours; then strain it through a sieve and put the sugar to it; mix it well and tun it. These proportions are for a nine-gallon cask; if it be not quite full, more water must be added. Let the

mixture be stirred from the bottom of the cask two or three times daily for three or four days to assist the melting of the sugar; then paste a piece of linen cloth over the bunghole, and set the cask in a warm place, but not in the sun: any corner of a warm kitchen is the best situation for it. The following summer it should be drawn off into stone bottles, and the vinegar is fit for use twelve months after it is made. This will be found a most excellent preparation, greatly superior to much that is sold under the name of best white-wine vinegar. Many years' experience has proved that pickle made with this vinegar will keep, when some bought vinegar will not preserve the ingredients. The cost per gallon is merely nominal, especially to those who reside in the country and grow their own gooseberries; the coarse sugar is then the only ingredient required. To remain in the cask about a twelvemonth.

Another.—To every gallon of water put 1 quart of full-ripe gooseberries. Boil the water first, and let it stand until quite cold; then crush the fruit with a wooden spoon, and add it to the water. Let it stand covered over for five days in a cool place, stirring it twice every day; strain it at the expiration of the five days through a hair-sieve into a cask, and to every gallon of the liquor add 1¼ lb. of moist sugar. When it has stood for six months, bottle it.

VINEGAR FROM RASPBERRIES.

Take ripe and full-flavoured raspberries, and to every quart of fruit add 3 quarts of water. Stir them well together; let them stand twenty-four hours, then strain. To every gallon of this liquor add 1 lb. of coarse brown sugar, put all into a cask, and stir from the bottom two or three times for three or four days. Paste coarse brown paper over the bunghole, and set the cask in a sufficiently warm place under cover.

VINEGAR-POWDER (Useful for Travelling).

Wash well ¼ lb. of white tartar in warm water; dry it and reduce it to as fine a powder as possible; soak this powder with some very strong vinegar, and dry it in the sun or before the fire; re-soak the powder with vinegar, and dry again, repeating the operation a dozen times. The powder will become strongly impregnated with the vinegar, and a very little of it dissolved in water will give a useful vinegar of any strength required.

VINEGAR, TO IMPROVE THE FLAVOUR OF.

Indifferent vinegar may be improved by mixing, and the most effectual way of doing this appears to be to take in the proportion of 2 quarts of good vinegar and reduce it one-half by boiling, then set it in a bottle in the sun for a week. After this mix it with 6 quarts of bad vinegar, and the latter will be very greatly improved both in strength and flavour.

VINEGAR, TO INCREASE THE STRENGTH OF.

Home-made vinegar is frequently found to be deficient in acidity. Whenever this is the case, it may be materially strengthened by being turned into a pail and exposed to the frost. Each coating of ice that forms on the surface should be taken away, and after two or three days the vinegar will be much improved in strength, but reduced in quantity.

VIOLET POWDER.

Ingredients: 6 oz. of the best starch, 2 drachms of powdered orris-root.—*Mode:* Reduce the starch to the very finest powder, and sift it through a piece of muslin; then rub into it the orris-root. This powder can be tinted with rose-pink or a little stone-blue. It can also, if desired, be scented with a drop or two of any essential oil, viz., lavender, lemon, or attar of roses; but the simple

ingredients are quite sweet enough, and certainly best without any addition.

Another. — 1. Powdered starch, scented with a little bergamot.—2. Powdered starch, 1 lb.; orris-root, 1 oz.; essence of bergamot, ½ drachm; oil of rhodium, 3 or 4 drops. Mix and pass through a sieve.

VIOLINS, OR ANY OTHER MUSICAL INSTRUMENTS, STAINS FOR.

Crimson stain: Take 1 lb. of ground Brazil, and boil it in 3 quarts of water for an hour; strain it, and add ½ oz. of cochineal; boil it again for half an hour, gently, and it will be fit for use. If you would have it more of the scarlet tint, boil ½ oz. of saffron in 1 quart of water, and pass over the work previous to the red stain. Observe, the work must be very clean, and of air-wood, or good sycamore without blemish; when varnished, it will look very rich.—A *Purple* stain: Take 1 lb. of chip logwood, to which put 3 quarts of water; boil it well for an hour; then add 4 oz. of pearlash and 2 oz. of indigo (pounded), and you will have a good purple.—A fine *Black:* In general, when black is required in musical instruments, it is produced by japanning, the work being well prepared with size and lampblack. Take some black japan (which is sold at the varnish-makers'), and give it two coats, after which varnish and polish it.—A fine *Blue* stain: Take 1 lb. of oil of vitriol in a clean glass bottle, into which put 4 oz. of indigo which has been previously pounded (take care to set the bottle in a basin or glazed earthen pan, as it will ferment); after it is quite dissolved, provide an earthen or wooden vessel, so constructed that it will conveniently hold the article you wish to dye; fill it rather more than one-third with water, into which pour as much of the vitriol and indigo (stirring it about) till you find the whole to be a fine blue dye, by trying with a piece of white paper or wool; put in the article; let it remain till the dye has struck through.—A fine *Green* stain: Take 3 pints of the strongest vinegar, to which put 4 oz. of the best verdigris pounded or ground fine; ½ oz. of sap-green, and ½ oz. of indigo.—A bright *Yellow:* There is no need to stain the wood, as a very small piece of aloes put in the varnish will make it a good colour, and have the desired effect.—To make varnish for violins, &c.: Take ½ gallon of rectified spirits of wine, to which put 6 oz. of gum-mastic and ½ pint of turpentine varnish; put the above in a tin case, keep it in a very warm place, frequently shaking it until it is dissolved; strain it, and keep it for use. Should you find it harder than you desire, you may add a little more turpentine varnish.

VITRIOL.

Accidents frequently occur both to persons and to dress from the use of vitriol. In its pure state it is not necessary for any cleaning purposes, and many housekeepers never allow it. If accidents do occur, apply instantly to the person or dress a little soda or potash dissolved in water: fresh soap-boilers' lees will do very well.

VITRIOL, OIL OF, ANTIDOTE TO.

If muriatic acid, aquafortis, or oil of vitriol, be swallowed, no time should be lost in applying a remedy, on account of the extreme rapidity of the action of those acids. Chalk whiting, or magnesia, diffused in water, should be given freely and frequently; or, in cases of emergency, the plaster of the wall or ceiling, beaten into a thin paste with water, may be administered; soap dissolved in water is of great value if the other remedies are not at hand; while these are being prepared, let the patient drink abundantly of water, milk, or other mild fluid.

VOICE.

After illness, especially after a severe attack of fever, the voice frequently continues impaired and feeble for some

time. Whatever tends to strengthen the constitution tends also to improve the voice; but the best remedy that can be taken are raw eggs. One or two of these daily will be found to have an excellent effect upon the voice.

Another.—The failure of voice, or hoarseness from public speaking, admits of an immediate remedy by eating an anchovy or anchovy-sandwich, and drinking a small glass of any stimulant.

VOICE, TO IMPROVE THE.

Beeswax, 2 drachms; copaiba balsam, 3 drachms; powder of liquorice-root, 4 drachms. Melt the copaiba balsam with the wax in a new earthen pipkin; when melted, remove them from the fire, and while in a melted state, mix in the powder. Make pills of 3 grains each. Two of these pills to be taken occasionally, three or four times a day. This is an excellent remedy for clearing and strengthening the voice, and is used by most professional singers on the continent.

WAGES.

The wages of domestic servants are settled by mutual agreement, and to avoid dispute it is an excellent plan to make a memorandum of the agreement at the time, and read it over to the servant. Unless there is any special arrangement, wages are payable quarterly; if, however, a servant leaves by mutual consent, with a month's notice, before the expiration of the quarter, wages are payable up to the time of leaving. On the other hand, if a servant be dismissed suddenly, without notice, for immoral conduct or for any cause sufficient to justify such sudden dismissal, no claim can be established for wages accruing since the expiration of the last quarter; they are forfeited by reason of the servant not having fulfilled his or her part of the contract. Wages must, on all occasions, be paid in full. Masters and mistresses are not entitled to deduct for damage or breakage, even though it be the result of wilfulness and gross carelessness, unless they have a previous agreement to this effect; nor can they refuse to pay wages during a servant's illness,—at any rate up to the time when the engagement can be lawfully discontinued.

WAINSCOT VARNISH.

Ingredients: 32 parts gum-animé, 100 parts pale oil, 1 part powdered litharge, 1 part powdered sugar of lead, 170 parts spirits of turpentine.—*Mode:* Boil the first four ingredients until stringy; then leave them to cool a little, and add the spirits of turpentine. Mix all well together, and strain.

WALNUTS, TO KEEP.

These may be kept a long while if wiped quite dry and put down in stone jars. Some persons fill the jars with sand, and some prefer a layer or two of salt. But both these additions are open to objections. We prefer keeping the nuts alone in stone jars, tied down, and in a moderately dry place. If the walnuts be shrivelled, soak them in milk-and-water for six or eight hours before using them, and they will plump out and peel easily.

WARM WATER.

Warm water is preferable to cold water, as a drink, to persons who are subject to dyspeptic and bilious complaints, and it may be taken more freely than cold water, and consequently answers better as a diluent for carrying off bile and removing obstructions in the urinary secretion, in cases of stone and gravel. When water of a temperature equal to that of the human body is used for drink, it proves considerably stimulant, and is particularly suited to dyspeptic, bilious, gouty, and chlorotic subjects.

WARMING A HOUSE FROM THE BACK OF A KITCHEN GRATE, PLAN FOR.

The following plan was first adopted by Sir C. Menteath in 1839:—A cast-iron back, an inch thick, fixed to the

grate, and another plate of sheet-iron placed at a distance of one or two inches from the cast-iron back, show a species of stove, which serves to warm the underground story of a house; and, by means of a circulation of air between the two iron plates, a current of warm air, passing by a pipe from the hot chamber between the iron plates, may be carried to the next floor above. The air is heated to 190° by this simple and economical method. The wall is hollowed out to the passage or room behind the kitchen grate. The placing a thin plate of sheet-iron behind the fire of a cottage grate adds much to the comfort of the inhabitants. All cottages should consist of two rooms, with a wall, in which the grate of the cottager is placed, so that the back of the grate warms the room behind, and dries his clothes.

WARTS, TO REMOVE.

These unsightly and disagreeable excrescences are frequently very troublesome to cure. They should never be picked with the nail, nor cut with a knife. By bleeding they are not only made tender and become more difficult to cure, but they are increased in size and number. The following are the best simple remedies for warts:—Touch each wart with lemon-juice five or six times a day till it disappears, leaving the lemon-juice to dry on; or a solution of sal-ammoniac may be used in the same manner. This should be applied with a camel-hair brush. If neither of the above is found to answer, touch the warts twice a day with the milky juice of the stalks of the spurge.

Another Recipe.—The common situation of warts is the hand; sometimes they are produced on the face, and less frequently on other parts of the body. Their cause is unknown; but from their frequent occurrence in schoolboys, *dirt* may be supposed to have some share in occasioning them. The treatment of warts is to pare the hard and dry skin, from their tops, and then touch them with the smallest drop of acetic acid, taking care that the acid does not run off the wart upon the neighbouring skin, for, if it do, it will occasiou iuflammation and much pain. If this practice be continued once or twice daily, *with regularity*, paring the surface of the wart occasionally, when it gets hard and dry, it may be soon effectually cured.

Another.—Eisenberg says, in his "Advice on the Hand," that the hydrochlorate of lime is the most certain means of destroying warts; the process, however, is very slow, and demands perseverance, for, if discontinued before the proper time, no advantage is gained. The following is a simple cure:—On breaking the stalk of the crowfoot plant in two, a drop of milky juice will be observed to hang on the upper part of the stem; if this be allowed to drop on a wart, so that it be well saturated with the juice, in about three or four dressings the wart will die, and may be taken off with the fingers. Warts may be removed by the above means from the teats of cows, where they are sometimes very troublesome and prevent them standing quiet to be milked. Warts touched lightly every second day with lunar caustic, or rubbed every night with bluestone, for a few weeks, will soon disappear, wherever situated. Take a piece of lunar caustic, put it in a cut quill to hold it by; dip the end of it in water, and rub it on the warts. Continue to use the caustic in this way until they are burnt away.

Another.—Cover the warts with a plaster made of the bruised leaves of calendula officinalis and a few drops of distilled vinegar.

WASH FOR THE HAIR.

Stir a piece of guillai bark in warm water until it produces a lather; with this wash the hair, and rinse with clean soft water, warm.

WASH TO PREVENT THE HAIR FALLING OFF.

Ingredients: ¼ oz. of tobacco-leaves,

2 oz. of rosemary, 2 oz. of box-leaves, 1 quart of water.—*Mode:* Boil these in a covered earthen pipkin 20 minutes; then leave them till cold, and strain off the liquid. Bottle it, and apply it well to the roots of the hair every other morning. It is best applied in warm weather.

WASHING HORSES' LEGS.

This operation is often so carelessly performed that much harm results from it. Horses' legs should never be washed without at the same time being thoroughly and effectually dried. Cold water is of great benefit, and especially is it beneficial to get rid of the dirt from a horse's legs after a journey; but, if the legs are to be left wet, they had better not be washed at all, and the dirt can be brushed off as soon as dry. This, though a slovenly and very bad plan, is still not so dangerous as the former. It is frequently said that white legs and white hoofs are predisposed to grease and cracks. The best authorities, however, are agreed that there is, in such cases, no predisposition to disease, but that disease results from carelessness. White legs show stains, and a good deal of washing is necessary to make them look clean; and if, after these washings, they are left, as is too often the case, to dry of themselves, it is little to be wondered at that disease ensues. The evaporation from a wet surface is sure to produce cold, and if this goes on continually, the secretion of greasy matter so necessary to keep the joints and hoofs in a pliable state, is interfered with, and inflammation and cracks are the result. Every good groom, therefore, will be careful that a horse's legs are rubbed quite dry after every washing.

WASHING-LIQUOR FOR COARSE ARTICLES, FLOORS, &c.

Slaked lime, ½ lb.; soda, 1 lb.; water, 6 quarts. Boil two hours; let it settle, and strain.

WASHING-POWDER.

The basis of all washing-powders is the soda-ash of commerce, blended with common Scotch soda in variable proportions. The best of them consist chiefly of the former article. The alkaline matter is reduced to coarse powder, and stirred up with liquid size, or with a decoction of linseed, Irish moss, or British gum. It is then dried, and again crushed or powdered, and at once put into packages, in which it is rammed tight, and covered up immediately. Really good soda can be bought at a penny a pound, and this only requires to be rendered partly caustic with a little quick-lime, in order to make an excellent washing-powder.

WASP-STING.

For the sting of a wasp, bind on the place a thick plaster of common salt just moistened with water. This will soon extract the venom. In case of swallowing a wasp, which is a dangerous accident, and more rare than one might imagine, no time should be lost in making the sufferer swallow a teaspoonful or more of salt, with just water enough to make it liquid. Salt moistened with oil is better than salt and water, or salt; oil, honey, and vinegar mixed may be used; but the quickest remedy is the best. When no remedy is at hand, suck the sting well, to extract the poison, or, at any rate, keep the wound from the air. As soon as possible, cover the sting with common salt, and keep it moistened with water: this will speedily check all inflammation. Potash water (liquor potassæ) is an excellent remedy for a wasp-sting, and so also is hartshorn.

WATER.

Pure water is so essential to health and comfort that the greatest care should be taken to procure a good supply of it. Pure water dissolves the food more *readily* than that which is impregnated with extraneous par-

ticles; it is more nutritious, and preserves the juices of the body in a healthy condition. It also more easily penetrates the smaller vessels, and cleanses them. Many of the signs of good water are plain and simple, and such as any one can judge of. Good water easily becomes hot and cold. It has neither taste nor smell, and a drop, when dried upon the finest and whitest cloth or paper, will not leave the faintest stain behind. It is also a sign of good water that it both boils more rapidly and cools more rapidly than any other. The hardness and softness of water may readily be detected by the feel of it. Hard water is the most agreeable for drinking, but softness is the quality which is sought for in water to be used for ordinary domestic purposes. Hard water makes the skin rough; soft water, on the contrary, renders it smooth. The former is not good for cookery, as it does not sufficiently soften flesh and vegetables, nor will it extract the virtue from tea and coffee. It is also impossible to brew good beer with hard water.

WATER, STAGNANT, TO PURIFY.

With a pair of bellows, fitted with a suitable pipe, drive as much air as possible through the stagnant water; after this, allow it time to settle: the clear water will be fit for use.

WATERCRESSES, very beneficial as Purifiers of the Blood.

To have watercresses in perfection, they should, when fresh-gathered, be put into a basin, covered with fresh spring-water, into which a little salt has been sprinkled, and then gently washed. This water should be poured off, and fresh water pumped over them.

WATER-PIPES.

The cleanest and best material for pipes which are to convey water for domestic purposes is glass. If glass cannot be had, let iron be used in preference to lead. Water for drinking should never be allowed to stand in a leaden pipe, as it oxydizes more or less, according to the quality of the water. It oxydizes also if allowed to stand in iron pipes; but there is this difference between the two cases, oxide of lead is a poison, and very deadly if sufficiently concentrated, whereas oxide of iron is a tonic, and beneficial rather than otherwise to most persons.

WATERPROOF POLISH FOR BOOTS AND SHOES.

Ingredients: 2 pints of vinegar, 1 pint of soft water, ¼ lb. of glue, ½ lb. of logwood-chips, ¼ oz. of finely-powdered indigo, ¼ oz. of best soft soap, ¼ oz. of isinglass. —*Mode:* Mix together the vinegar and water, and stir the other ingredients well in till the whole are tolerably melted. Set the pipkin containing them over the fire, and keep it boiling ten minutes; then strain off the liquid, and bottle it for use. When the boots and shoes are quite clean, apply to them this polish with a piece of sponge. Should the polish become hardened in the bottle, a gentle warmth will soon make it liquid enough to use.

WATERPROOF VARNISH.

Ingredients: 1 lb. of oil of turpentine, ½ lb. of powdered litharge, 1 lb. of linseed-oil.—*Mode:* Boil these, and well mix them together; while the varnish is warm, brush the material over with it, and dry it in the sun. The dressing may be repeated if necessary. This will be found a very cheap varnish, and useful as well for thin materials, such as cotton and alpaca, as for sail-cloths, &c. An old great-coat dressed with it will make an excellent waterproof over-coat for a poor man.

WATERPROOFING FOR CLOTH, LINEN, AND CANVAS.

Brush the cloth with a solution of isinglass, and when dry with a solution of nutgalls. The last solution changes

the gelatine mass of isinglass into a true leather.

WATERPROOFING OF INDIA-RUBBER.

Ingredients: 1 part of India-rubber, 4 parts of spermaceti, 10 parts of tallow, 5 parts of copal varnish.—*Mode:* Cut the India-rubber into very fine pieces, for it takes some hours to melt; put it into a pipkin with the spermaceti, and melt them over a slow fire, and then add the tallow and varnish; mix all well, and apply the composition to leather gaiters, boots, shoes, &c.; with a stiff brush. This may be used to waterproof calico, alpaca, or any other light material.

WATERPROOFING FOR SAIL-CLOTHS, &c.

Ingredients: 96 parts of ochre, 16 parts of lamp-black, boiled oil, 2 parts of yellow soap, 8 parts of water.—*Mode:* Mix to a thick paint the ochre and lamp-black with the boiled oil, then mix the yellow soap and water, and add them to the others, stirring all well. Dress the sail-cloth, &c., with two coats of this mixture, leaving time to dry; then give one dressing of lamp-black and boiled oil only, mixed to the consistence of a thick varnish. This waterproofing is very useful for rick-cloths, and for tents, covers of carts, &c. &c.

WATERPROOFING FOR SILK, commonly called, afterwards, OILED SILK.

Ingredients: 15 parts of boiled oil, 3 parts of ground litharge, 1 part of beeswax, 3 parts of colour, if required. —*Mode:* Melt and well mix the ingredients, stretch the silk out tight in breadths, and apply the mixture with a brush till the silk is well saturated: when dry, it will be perfectly waterproof.

WAVING THE HAIR.

The following is a simple and effective method of waving the hair:—Comb the hair towards the forehead, then part it, beginning a little in front of the crown in a slant towards the temple (so that it may be the outside hair which is waved); divide this piece of hair into three strands, taking care that the one farthest back is one-third the thickness of either of the others; plait it in common three-plait, but each time the three-strand comes into the right hand, hold it firmly, and with the left slide the others up; continue this for about three or four inches, and then finish off in a common plait, tying the ends.

WEATHER-GLASS.

Put into a glass tube and seal it well 3 drachms of nitrate of potash, ½ drachm of chloride of ammonia, and 2 oz. of spirits of wine. A little observation as to the state of the fluid will soon show the indications of the glass.

WEIGHTS WHICH ANSWER TO CERTAIN MEASURES.

A tablespoonful is frequently mentioned in a recipe, in the prescriptions of medical men, and also in medical, chemical, and gastronomical works. By it is generally meant and understood a measure or bulk equal to that which would be produced by half an ounce of water.

A dessertspoonful is half of a tablespoonful; that is to say, by it is meant a measure or bulk equal to a quarter of an ounce of water.

A teaspoonful is equal in quantity to a drachm of water.

A drop.—This is the name of a vague kind of measure, and is so called on account of the liquid being *dropped* from the mouth of a bottle. Its quantity, however, will vary, either from the consistency of the liquid or the size and shape of the mouth of the bottle. The College of Physicians determined the quantity of a drop to be one grain, sixty drops making one fluid drachm. Their drop, or sixtieth part of a fluid drachm, is called a minim.

Graduated glass measures can be obtained at any chemist's, and they save

much trouble. One of these, containing a wine pint, is divided into 16 oz., and the oz. into 8 drachms of liquid; by which any certain weight mentioned in a recipe can be accurately measured out. Home-made measures of this kind can readily be formed by weighing the water contained in any given measure, and marking on any tall glass the space it occupies. This mark can easily be made with a file. It will be interesting to many readers to know the basis on which the French found their system of weights and measures, for it certainly possesses the grandeur of simplicity. The mètre, which is the basis of the whole system of French weights and measures, is the exact measurement of one forty-millionth part of a meridian of the earth.

WET-NURSE, THE.

We are aware that, according to the opinion of some ladies, there is no domestic theme, during a certain period of their married lives, more fraught with vexation and disquietude than that ever-fruitful source of annoyance, "the Nurse;" still, we know there are thousands of excellent wives and mothers who pass through life without even a temporary embroglio in the kitchen, or suffering a state of moral hectic the whole time of a nurse's empire in the nursery or bedroom. Our own experience goes to prove, that although many unqualified persons palm themselves off on ladies as fully competent for the duties they so rashly and dishonestly undertake to perform, and thus expose themselves to ill-will and merited censure, there are still very many fully equal to the legitimate exercise of what they undertake; and if they do not in every case give entire satisfaction, some of the fault—and sometimes a great deal of it—may be honestly placed to the account of the ladies themselves, who, in many instances, are so impressed with the propriety of their own method of performing everything, as to insist upon the adoption of *their* system in preference to that of the nurse, whose plan is probably based on a comprehensive forethought, and rendered perfect in all its details by an ample experience.

In all our remarks on this subject, we should remember with gentleness the order of society from which our nurses are drawn; and that those who make their duty a study, and are termed professional nurses, have much to endure from the caprice and egotism of their employers; while others are driven to the occupation from the laudable motive of feeding their own children, and in fulfilling that object, are too often both selfish and sensual, performing, without further interest than is consistent with their own advantage, the routine of customary duties.

Properly speaking, there are two nurses,—the nurse for the mother and the nurse for the child, or the monthly and the wet nurse. Of the former we have already spoken, and will now proceed to describe the duties of the latter, and add some suggestions as to her age, physical health, and moral conduct, subjects of the utmost importance as far as the charge intrusted to her is concerned, and therefore demanding some special remarks.

When from illness, suppression of the milk, accident, or some natural process, the mother is deprived of the pleasure of rearing her infant, it becomes necessary at once to look around for a fitting substitute, so that the child may not suffer, by any needless delay, a physical loss by the deprivation of its natural food. The first consideration should be as regards age, state of health, and temper.

The age, if possible, should not be less than twenty nor exceed thirty years, with the health sound in every respect, and the body free from all eruptive disease or local blemish. The best evidence of a sound state of health will be found in the woman's clear, open countenance, the ruddy tone of the skin, the full, round, and elastic state of the breasts, and especially in the erectile, firm condition of the

nipple, which, in all unhealthy states of the body, is pendulous, flabby, and relaxed; in which case the milk is sure to be imperfect in its organization, and, consequently, deficient in its nutrient qualities. Appetite is another indication of health in the suckling nurse or mother; for it is impossible a woman can feed her child without having a corresponding appetite; and though inordinate craving for food is neither desirable nor necessary, a natural vigour should be experienced at meal-times, and the food taken should be anticipated and enjoyed.

Besides her health, the moral state of the nurse is to be taken into account; we mean the mental discipline or principle of conduct which would deter her from at any time gratifying her own pleasures and appetites at the cost or suffering of her infant charge.

The conscientiousness and good faith that would prevent a nurse so acting are, unfortunately, very rare; and many nurses, rather than forego the enjoyment of a favourite dish, though morally certain of the effect it will have on the child, will, on the first opportunity, feed with avidity on fried meats, cabbage, cucumbers, pickles, or other crude and injurious aliments, in defiance of all orders given, or confidence reposed in their word, good sense, and humanity. And when the infant is afterwards racked with pain, and a night of disquiet alarms the mother, the doctor is sent for, and the nurse, covering her dereliction by a falsehood, the consequence of her gluttony is treated as a disease, and the poor infant is dosed for some days with medicines, that can do it but little if any good, and, in all probability, materially retard its physical development. The selfish nurse, in her ignorance, believes, too, that as long as she experiences no admonitory symptoms herself, the child cannot suffer; and, satisfied that, whatever is the cause of its screams and plunges, neither she, nor what she had eaten, had anything to do with it, with this flattering assurance at her heart, she watches her opportunity, and has

Wet-Nurse.

another luxurious feast off the proscribed dainties, till the increasing disturbance in the child's health, or treachery from the kitchen, opens the eyes of mother and doctor to the nurse's unprincipled conduct. In all such cases the infant should be spared the infliction of medicine, and, as a wholesome corrective to herself and relief to her charge, a good sound dose administered to the nurse.

Respecting the diet of the wet-nurse, the first point of importance is to fix early and definite hours for every meal; and the mother should see that no cause is ever allowed to interfere with their punctuality. The food itself should be light, easy of digestion, and simple. Boiled or roast meat, with bread and potatoes, with occasionally a piece of sago, rice, or tapioca pudding, should constitute the dinner, the only meal that requires special comment; broths, green vegetables, and all acid or salt foods, must be avoided. Fresh fish, once or twice a week, may be taken; but it is hardly sufficiently nutritious to be often used as a meal. If the dinner is taken early—at one o'clock —there will be no occasion for luncheon, which too often, to the injury of the child, is made the cover for a first dinner. Half a pint of stout, with a Reading biscuit, at eleven o'clock, will be abundantly sufficient between breakfast at eight and a good dinner with a pint of porter at one o'clock. About eight o'clock in the evening, half a pint of stout, with another biscuit, may be taken; and for supper, at ten or half-past, a pint of porter, with a slice of toast or a small amount of bread and cheese, may conclude the feeding for the day.

Animal food once in twenty-four hours is quite sufficient. All spirits, unless in extreme cases, should be avoided; and wine is still more seldom needed. With a due quantity of plain, digestible food, and the proportion of stout and porter ordered, with early hours and regularity, the nurse will not only be strong and healthy herself, but fully capable of rearing a child in health

and strength. There are two points all mothers who are obliged to employ wet-nurses should remember, and be on their guard against. The first is, never to allow a nurse to give medicine to the infant on her own authority; many have such an infatuated idea of the *healing excellence* of castor-oil, that they would administer a dose of this disgusting grease twice a week, and think they had done a meritorious service to the child. The next point is, to watch carefully, lest, to insure a night's sleep for herself, she does not dose the infant with Godfrey's cordial, syrup of poppies, or some narcotic potion, to insure tranquillity to the one and give the opportunity of sleep to the other. The fact that scores of nurses keep secret bottles of these deadly syrups, for the purpose of stilling their charges, is notorious; and that many use them to a fearful extent is sufficiently patent to all.

It therefore behoves the mother, while obliged to trust to a nurse, to use her best discretion to guard her child from the unprincipled treatment of the person she must, to a certain extent, depend upon and trust, and to remember, in all cases, rather than resort to castor-oil or sedatives, to consult a medical man for her infant in preference to following the counsel of her nurse.

WHISKERS, TO PROMOTE THEIR GROWTH.

To promote the growth of whiskers, rub in the following lotion three or four times a week, at night-time:—Eau de Cologne, 2 oz.; tincture of cantharides, 2 oz.; oil of rosemary and oil of lavender, of each 10 drops.

WHISKY, AN IMPROVED GLASS OF.

Set a wineglass in a tumbler; fill the wineglass with whisky; pour into the same glass as much boiling water as you require,—it will displace what is in the wineglass and run over the sides of it into the tumbler, still leaving the wineglass full. When you have finished pouring, remove the wineglass, smell and taste, if you like the liquid contained in it, and throw it away. In the tumbler you will have an improved glass of whisky and water, to which may be added sugar and lemon to taste.

WHISKY PUNCH.

Rub the rind of a lemon with a lump or two of sugar, and put them into a tumbler; cut the lemon in thin slices, and add one or more if preferred; fill about two-thirds of the tumbler with boiling water, and the remainder with whisky.

WHITE KID GLOVES, TO CLEAN.

Gloves should always be cleaned on a wooden hand, as they are liable to shrink unless kept in form. If not very dirty, they may be rubbed over with a piece of stale crumb of bread; if much soiled, they should be washed with a flannel and white soap, using very little water, and wiping them dry immediately with a clean flannel. Some persons use turpentine; but this, though most effectual, is, from the smell, very offensive. A better remedy for very greasy gloves is to rub them over first with cream of tartar or magnesia, then with a mixture of powdered alum and fuller's earth; and, lastly, with a mixture of fine bran and powdered whiting. Each application should remain on for an hour or two, and be cleaned off before the next is used.

WHITE LACE VEILS, TO WASH.

Make some suds of white soap and water; stir the lace veils gently into them with one hand; rinse them well in a second water; then pass them through a third, to which two or three drops of liquid blue or a little powder-blue have been added; after this starch them, and continue clapping them with the hands until dry; pin them out upon a blanket, and smooth them with a cool iron, with another blanket over them.

WHITE SATIN SHOES.

White satin shoes will not bear exposure to the air; they should be kept closely wrapped up in blue paper. When slightly soiled, they may be cleaned with stale bread, but if very dirty, they will require to be wiped lengthways of the satin with a piece of clean flannel dipped in spirits of wine.

WHITE SATIN AND SILK, TO WASH.

Make a lather of fine white soap, and when just comfortably warm shake the lengths of satin or silk into it, drawing them through the hand. Rinse them in lukewarm water, pin them out and dry them. With satin, brush the bright side with a clean soft hair brush the way of the nap, then make a very weak starch of isinglass and water, and sponge the wrong side lightly over with it; rinse the material a second time, dry and brush it near a fire, or in a warm room. Silks do not require brushing.

WHITE SATIN AND SILK, TO CLEAN.

Pin the breadths on a soft blanket, then take some stale bread-crumbs, and mix with them a little powder-blue. Rub this thoroughly and carefully over the whole surface with the hand or a piece of clean linen; shake it off and wipe with soft cloths. Satin may be brushed the way of the nap with a clean soft hair brush.

WHITEWASH, THAT WILL NOT RUB OFF.

Mix half a pailful of lime and water, in the ordinary way, then take ½ pint of flour and pour on it a sufficient quantity of boiling water to make a thin paste; stir this paste while quite hot into the whitewash, which will then be ready for use. This whitewash is very useful for narrow passages, and will not rub off upon the clothes of persons passing along.

WHITE WINE WHEY.

This is a drink which is used to cause perspiration, in cases of colds or other ailments, where there is no inflammatory tendency in the patient. Take ½ pint of milk, and put it on the fire in a saucepan, and, immediately it boils, put into it two glasses of white wine, with a little sugar dissolved in it. A light floating curd will be instantly seen. Boil for a few minutes, pour it through a hair sieve, so that the whey may run from the curd. Serve the whey hot. Throw away the curd, for it is exceedingly indigestible, and should not be eaten.

Another Recipe.—Boil half a pint of new milk, and as soon as it boils, pour in as much white wine — generally rather more than a wineglass—as will turn it. Boil it up again, then leave it for the curd to settle. As soon as this is the case, pour off the whey, add sugar, and dilute the whey with boiling water if required. Whey may also be made with vinegar or lemon-juice, instead of wine: it is in this way less heating, and perhaps more efficacious, if taken to get rid of a cold.

WHITLOW, TO CURE A.

As soon as the whitlow has risen distinctly, a pretty large piece should be snipped out, so that the watery matter may readily escape, and continue to flow out as fast as produced. A bread-and-water poultice should be put on for a few days, when the wound should be bound up lightly with some mild ointment, when a cure will be speedily completed. Constant poulticing both before and after the opening of the whitlow, is the only practice needed; but as the matter lies deep, when it is necessary to open the abscess, the incision must be made *deep*, to reach the suppuration.

WHOOPING COUGH.

Ingredients: ½ oz. of senna-leaves, ¼ oz. of cream of tartar, 15 grains of ipecacuanha, 1 pint of boiling water. —*Mode:* Put the senna-leaves, cream of tartar, and ipecacuanha into a jar and pour the boiling water over them.

Let the infusion stand till cold, then strain and bottle it. Give two or three teaspoonfuls for a dose, according to age, three times a day. For an infant, dilute this mixture with half the quantity of boiled water. This is a well-tried and excellent remedy for this distressing complaint. Nothing, however, assists a patient's recovery so much as continual change of air. Sea air is especially beneficial. If the weather be cold or damp during the period of the attack, it is very advisable to apply sheets of cotton-wool to the back and chest.

Another Recipe. — Ingredients: 6 cloves of garlic, 1 pint of old rum, sweet oil.—*Mode:* Steep the garlic in the rum, pour into a small phial as much as is required for use, and mix with it one-third of sweet oil. Rub the chest and spine with this mixture night and morning, and when the parts are quite dry cover them with a piece of new flannel, or, what is far better, with a sheet of medicated wool.

WINE, DISCOLOURING OF.

The colour of wines is precipitated by age and by exposure to the light. It is also artificially removed by the action of milk, lime-water, or fresh-burnt charcoal. Wine-merchants avail themselves of these means for the purpose of whitening wines that have acquired a brown colour from the cask, or which are esteemed pale, and also for turning "pricked" red or dark-coloured wines into white, in which a small degree of acidity is not so much perceived. The milk should be well skimmed before being mixed with the wine, and should be used in the same manner as ordinary finings, for which it will be found a good substitute. In this way brown sherry is commonly converted into pale or gold-coloured sherry. For the latter purpose one to three pints are usually sufficient; but to discolour red wine, two to three quarts or more will be required, according to the nature and intensity of the colour, or the shade of colour desired. Charcoal is seldom used, as it removes the flavour as well as colour, but a very little milk of lime may sometimes be advantageously substituted for milk when the wine has much acidity.

WINE, FINING OF.

There are various modes of fining wine: isinglass, whites of eggs, and gum-arabic are all used for the purpose. Whichever of these articles is used, the process is always the same. Supposing eggs (the cheapest) to be used,—Draw a gallon or so of the wine, and mix one quart of it with the whites of four eggs, by stirring it with a whisk; afterwards, when thoroughly mixed, pour it back into the cask through the bunghole, and stir up the whole cask, in a rotatory direction, with a clean split stick inserted through the bunghole. Having stirred it sufficiently, pour in the remainder of the wine drawn off, until the cask is full; then stir again, skimming off the bubbles that rise to the surface. When thoroughly mixed by stirring, close the bunghole, and leave it to stand for three or four days. This quantity of clarified wine will fine thirteen dozen of port or sherry. The other clearing ingredients are applied in the same manner, the material being cut into small pieces, and dissolved in the quart of wine, and the cask stirred in the same manner.

WINE, TO RESTORE WHEN SOUR (German Method).

Put into the cask a small quantity of fresh-burnt charcoal in very small pieces or coarsely powdered.

WOOD, TO PRESERVE FROM DECAY.

Steep the wood in a solution of chloride of zinc in the proportion of 5 lb. of chloride of zinc to 25 galls. of water, or brush the solution into the wood and leave it to dry.

WOOD, TO STAIN.

Take 1 oz. of borax, 2 oz. of shellac, 1 pint of water; boil a few minutes, stir with a piece of wood;—or, 1 oz. of liquid

ammonia, 2 oz. shellac, and 1 pint of water.

WOODEN ARTICLES.

All new wooden articles should be prepared for domestic use by a thorough soaking in cold water and scalding afterwards. The taste of new wood is very unpleasant and easily affects butter in new churns, &c., if not removed before they are taken into use. It is a good plan to dissolve a little pearlash and a small spoonful of lime in the water with which new wooden vessels are washed out, taking care to use plenty of clean water afterwards.

WOODEN BOWLS.

These bowls, which are usually made of turned wood, are very liable to fly to pieces from the effects of hot water almost as soon as it is put into them. They should, when new, be soaked in cold water and gradually made to bear hot. The safest plan with a newly-turned bowl is to grease it well inside and out, leave it for a day or two, and then scour it well for several days till quite clean and free from grease.

WOODEN FIGURES, TO COLOUR SCARLET.

Boil a little of best carmine with distilled water for four or five minutes in a glass or porcelain vessel; then add gradually some ammonia-water; boil a little longer, then cool. The wood must be left immersed in this liquor for some time.

WOOLLEN CLOTH, TO CLEAN.

Remove all stains and grease-spots as directed. After this, beat, with a thin stick, fine damp sand into the cloth, and brush it out again with a stiff brush; after this rub two or three drops of olive-oil over a soft hat-brush and pass it lightly over the surface of the cloth.

WOOLLEN TABLE-COVERS.

Grease-spots of candles, &c., to which woollen table-cloths are especially liable, may frequently be discharged by sharp rubbing with a piece of cloth or a piece of soft paper. A useful material to remove grease may be made of 3 oz. of powdered chalk, 5 oz. of pipeclay, and 3 oz. of spirits of wine, mixed into a paste and moulded into rolls and dried. When required for use, moisten the end of the roll and rub the grease-spots with it till they disappear; washing the spots with diluted hartshorn to remove any stain. Ink-spots on table-covers may be taken out by dipping them in a solution of oxalic acid in the proportion of a teaspoonful of acid to a teacupful of hot water, and rubbing gently. The place where the ink is removed must be well washed in warm water to get rid of the acid, which would otherwise rot the cloth. When table-covers are very dirty, they can be washed in clean suds of white soap and warm water, with a tablespoonful or more of ox-gall, and rinsed out in clear warm water. They must not be wrung, but folded on an ironing-table and the water pressed out of them, then hung up to dry on a bright windy day. While yet damp, iron on the wrong side.

WORM-EATEN WOOD.

The worm in wood may be destroyed by fumigating it with benzoin, or by saturating the wood with a strong solution of corrosive sublimate.

WORM-POWDER.

Ingredients: ¼ oz. of rhubarb, ¼ oz. of wormwood, ¼ oz. of senna, ¼ oz. of burnt hartshorn powdered. — *Mode*: Reduce all to a fine powder and well mix them. Give to a child of ten or twelve years old as much of this mixture as will lie on a shilling, the last thing at night in a little treacle, for three or four nights; then leave off for a time, and repeat the doses if necessary.

WORMS IN HORSES, TO GET RID OF.

Horses are very subject to worms, and they never thrive or work properly while such is the case with them. As

soon as they are known to exist, they should be got rid of, which may easily be done by administering the following medicine:—*Ingredients:* 10 drachms of emetic tartar, 5 oz. of best sulphur, 3 oz. of Ethiop's mineral, 2 oz. of powdered cascarilla.—*Mode:* Mix these ingredients, and make them up into six balls; give one each morning early, before the horse is fed. Give it a warm mash every other night, and chilled water to drink. It is not absolutely necessary to keep the horse from work while under this treatment; but the work should not amount to more than gentle exercise.

WOUNDS.

There are several kinds of wounds, which are called by different names, according to their appearance, or the manner in which they are produced. As, however, it would be useless, and even hurtful, to bother the reader's head with too many nice professional distinctions, we shall content ourselves with dividing wounds into three classes.

1. *Incised wounds or cuts*—those produced by a knife, or some sharp instrument.

2. *Lacerated or torn wounds*—those produced by the claws of an animal, the bite of a dog, running quickly against some projecting blunt object, such as a nail, &c.

3. *Punctured or penetrating wounds*—those produced by anything running deeply into the flesh; such as a sword, a sharp nail, a spike, the point of a bayonet, &c.

Class 1. *Incised wounds or cuts.*—The danger arising from these accidents is owing more to their position than to their extent. Thus, a cut of half an inch long, which goes through an artery, is more serious than a cut of two inches long which is not near one. Again, a small cut on the head is more often followed by dangerous symptoms than a much larger one on the legs. —*Treatment:* If the cut is not a very large one, and no artery or vein is

wounded, this is very simple. If there are any foreign substances left in the wound, they must be taken out, and the bleeding must be quite stopped before the wound is strapped up. If the bleeding is not very great, it may easily be stopped by raising the cut part, and applying rags dipped in cold water to it. All clots of blood must be carefully removed; for if they are left behind, they prevent the wound from healing. When the bleeding has been stopped, and the wound perfectly cleaned, its two edges are to be brought closely together by thin straps of common adhesive plaster, which should remain on, if there is not great pain or heat about the part, for two or three days, without being removed. The cut part should be kept raised and cool. When the strips of plaster are to be taken off, they should first be well bathed with lukewarm water. This will cause them to come away easily, and without opening the lips of the wound; which accident is very likely to take place if they are pulled off without having been first moistened with the warm water. If the wound is not healed when the strips of plaster are taken off, fresh ones must be applied. Great care is required in treating cuts of the head, as they are often followed by erysipelas taking place round them. They should be strapped with isinglass-plaster, which is much less irritating than the ordinary adhesive plaster. Only use as many strips as are actually requisite to keep the two edges of the wound together; keep the patient quite quiet, on low diet, for a week or so, according to his symptoms. Purge him well with 5 grains of blue pill mixed with the same quantity of compound extract of colocynth, made into 2 pills, the dose for an adult. If the patient is feverish, give him 2 tablespoonfuls of the fever-mixture three times a day. The fever-mixture, we remind our readers, is thus made:—Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre in ½ pint of water.

A person should be very careful of himself for a month or two after having had a bad cut on the head. His bowels should be kept constantly open, and all excitement and excess avoided. When a vein or artery is wounded, the danger is, of course, much greater. These accidents, therefore, should always be attended to by a surgeon, if he can possibly be procured. Before he arrives, however, or in case his assistance cannot be obtained at all, the following treatment should be adopted:—Raise the cut part, and press rags dipped in cold water firmly against it. This will often be sufficient to stop the bleeding, if the divided artery or vein is not dangerous. When an artery is divided, the blood is of a bright red colour, and comes away in jets. In this case, and supposing the leg or arm to be the cut part, a handkerchief is to be tied tightly round the limb *above* the cut; and, if possible, the two bleeding ends of the artery should each be tied with a piece of silk. If the bleeding is from a vein, the blood is much darker, and does not come away in jets. In this case, the handkerchief is to be tied *below* the cut, and a pad of lint or linen pressed firmly against the divided ends of the vein. Let every bad cut, especially where there is much bleeding, and even although it may to all appearance have been stopped, be attended to by a surgeon, if one can by any means be obtained.

Class 2. *Lacerated or torn wounds.*—There is not so much bleeding in these cases as in clean cuts, because the blood-vessels are torn across in a zigzag manner, and not divided straight across. In other respects, however, they are more serious than ordinary cuts, being often followed by inflammation, mortification, fever, and in some cases by locked-jaw. Foreign substances are also more likely to remain in them.—*Treatment:* Stop the bleeding, if there is any, in the manner directed for cuts; remove all substances that may be in the wound; keep the patient quite quiet, and on low diet—gruel, arrowroot, and the like; purge with the following pills and mixture.—The pill: Mix five grains of calomel and the same quantity of antimonial powder, with a little bread-crumb, and make into two pills, which is the dose for an adult. The mixture is: Dissolve 1 oz. of Epsom salts in ½ pint of senna tea. A quarter of the mixture is a dose. If there are feverish symptoms, give two tablespoonfuls of fever-mixture (see above) every four hours. If possible, bring the two edges of the wound together, *but do not strain the parts to do this.* If they cannot be brought together, on account of a piece of flesh being taken clean out, or the raggedness of their edges, put lint dipped in cold water over the wound, and cover it with oiled silk. It will then fill up from the bottom. If the wound, after being well washed, should still contain any sand, or grit of any kind, or if it should get red and hot from inflammation, a large warm bread poultice will be the best thing to apply until it becomes quite clean, or the inflammation goes down. When the wound is a very large one, the application of warm poppy fomentations is better than that of the lint dipped in cold water. If the redness and pain about the part, and the general feverish symptoms, are great, from eight to twelve leeches are to be applied round the wound, and a warm poppy fomentation or warm bread poultice applied after they drop off.

Class 3. *Punctured or penetrating wounds.*—These, for many reasons, are the most serious of all kinds of wounds.—*Treatment:* The same as that for lacerated wounds. Pus (matter) often forms at the bottom of these wounds, which should, therefore, be kept open at the top, by separating their edges every morning with a bodkin, and applying a warm bread-poultice immediately afterwards. They will then, in all probability, heal up from the bottom, and any matter which may form will find its own way out into the poultice. Sometimes, however, in spite of all precautions, collections of matter (abscesses) will form at the bottom or

sides of the wound. These are to be opened with a lancet, and the matter thus let out. When matter is forming, the patient has cold shiverings, throbbing pain in the part, and flushes on the face, which come and go. A swelling of the part is also often seen. The matter in the abscesses may be felt to move backwards and forwards, when pressure is made from one side of the swelling to the other with the first and second fingers (the middle and that next the thumb) of each hand.

WOUNDS IN HORSES.

All wounds of a bad character require the attention of an experienced veterinary, and they are best let alone till he comes. All that can be done is to sponge the place well with warm water and keep it clean. If the wound be not deep-seated, and also not in a dangerous place, the divided parts of the skin should be carefully drawn together by means of a few stitches with a needle and thread. Strappings of adhesive plaster may be made use of, Friar's balsam applied upon a piece of lint, and the whole secured by a bandage. When the edges of the wound are so far apart that they cannot conveniently be drawn together, the best plan is to apply a poultice, either of linseed-meal or bread and water; the former is to be preferred, as retaining warmth for the longest time. If the place comes to a swelling, and is likely to break, it may be forwarded by the free use of the following liniment.—*Ingredients:* 4 oz. of fresh olive-oil, 1½ oz. of spirits of turpentine, 1 oz. of tincture of camphor, 1 oz. of tincture of opium, the yolk of 1 fresh egg.—*Mode:* Mix all these ingredients well together, and keep them in a bottle for use. Apply the liniment warm to the wound, but do not touch the surrounding swelling. When all the matter has been discharged, wash the part with warm water, and dress it with Friar's balsam or tincture of arnica diluted in the proportion of one part arnica to ten of water. If proud flesh appears, it must be got rid of by the judicious application of caustic, or by a little blue-stone or burnt alum.

YAOULTA, an Elegant and Harmless Cosmetic, to impart a Delicate Blush to the Skin, far preferable to Rouge.

Ingredients: 1 oz. of white starch, ½ drachm of rose-pink, 10 drops of essence of jasmine, 2 drops of attar of roses.—*Mode:* Finely powder and sift the starch, and then mix in the other ingredients. Keep this cosmetic in a fine muslin bag, and dust it on where needed.

YEAST.

The yeast of good home-brewed beer is the best to be used for baking in private families. It should be taken from the beer very carefully, so as to be left as dry as possible. If kept for use in stone jars, with a piece of linen cloth tied over the tops, which should always be turned down to drain, yeast may be preserved good for baking purposes from six to eight weeks. It will not, however, when kept so long, do for working new beer. Fresh yeast is always required for this. If at any time yeast is too bitter, it is a good plan to put a hot cinder into it for a minute or two before using it.

YEAST, BAKERS'.

Boil 2 oz. of hops one hour in 9 quarts of water; take 7 lb. of mashed potatoes, when the liquor is milk-warm, and add 1 lb. of sugar, 2 oz. of carbonate of soda, ½ oz. of spirits of wine, 1 lb. of flour, and ½ pint of brewers' yeast to work it.

YEAST FOR HOME-MADE BREAD.

Boil 1 lb. of good flour, ¼ lb. of moist sugar, and ½ oz. of salt, in 2 gallons of water, for an hour. When nearly cold, bottle and cork it closely. It will be fit for use in twenty-four

hours, and one pint will make eighteen pounds of bread.

YEAST, TO KEEP.

Make a large bag of canvas, such as is used for milk-strainers, in the shape of an ordinary jelly-bag; into this pour fresh yeast, and by gradual pressure remove from it all the liquid. Take out the residuum, make it into cakes, and dry it. When wanted for use, soften a cake, or as much of a cake as is required, with a little warm water, mixing in a little sugar and flour. Yeast prepared in this way will keep a long time, and makes excellent bread.

YEAST, TO MAKE.

Ingredients: 1 pint of malt, 6 pints of water, a small handful of hops, ½ lb. of flour, 1 pint of good yeast.—*Mode:* Bruise the malt, and pour over it the water boiling hot. Let it stand to infuse 1½ hour; then strain it and add the hops. Boil again for twenty minutes; strain off the hops, and, while the liquor is boiling hot, stir into it the flour. Let it cool till milk-warm; then stir into it the yeast, set the vessel near the fire, and stir it occasionally during twenty-four hours; then put it into stone bottles, and set them in a cool place. The yeast will be ready for use in a day or two, and it will keep some time. This is a useful recipe for persons living in the country, who do not brew very frequently, as it will enable them to increase their quantity of yeast if, at any time, they are likely to run short of it. Brewers' yeast is never so good for home-made bread as the yeast from good home-brewed beer.

APPENDIX.

CLEAR COMPLEXION, TO ATTAIN.

Wash the face with water as hot as it can be borne three times a day; if the face be badly freckled or sunburnt, one of two courses may be adopted—the face may be gradually peeled of the outer defacing skin, or more quickly by a cosmetic of known value. To peel the face gradually, a mask of quilted cotton must be worn at night, holes being cut for mouth and nose to breathe through. This mask is soaked in boiling water, wrung out, and applied as hot as possible to the face. It must be worn all night, and if it become dry, again wetted with the water, now cool. Persevere in this treatment for two months, and you will find the old skin gradually peel off, and a new pretty skin appear.

CHARPIE, TO MAKE.

Take a piece of old linen, drawing the threads at the four edges to form a fringe half an inch deep. Then draw out all the threads one way for about two-thirds of an inch; leave a solid bar of about six threads, and draw out the threads again for two-thirds of an inch; do this alternately to the end of the piece of linen. The other way of the linen, leave the threads for about half an inch, and draw out about four threads, then leave half an inch again and draw out four more, and so on to the end of the piece. When done, the lint looks chequered with small holes, which are intended to admit air to the wound. The fringe is of use to remove the lint when the wound is dressed.

COLD BATHING.

Cold bathing with the addition of salt water is very beneficial to health: the salt water should be made of equal parts of Tidman's sea-salt and rock or bay salt. A common brown jar, such as is used for Indian pickle, should be filled about three-quarters full with this salt, and then filled up with water; a muslin cap should be fitted to the jar, and the water poured off and renewed daily until the whole of the salt be melted; when the process must commence *de novo*.

EYELASHES, THE.

Eyelashes may have the tips cut to thicken their growth, but this must be done carefully. If they are white, or very light-coloured, they may be darkened with walnut-juice, applied with a camel-hair brush; a sheet of paper should be laid under the lightly-closed lashes, and the lashes painted with the walnut-dye. Take care that in performing this delicate operation, you drop none of the juice save where you intend to place it, as it will stain. Eyebrows may be also stained with this juice.

FRECKLES, TO REMOVE.

When freckles are of long standing, the face should be well washed every night with warm water and Castile soap, and the following preparation applied as directed:—Make a cupful of new milk quite warm, and drop therein 20 drops of aromatic vinegar. Dip into this some bits of soft linen, and with these bandage the face, and go to bed. In the morning remove the bandages, and sponge the face with warm water (*using no soap*), and while wet apply a little glycerine. Then dry thoroughly, and use violet powder. This must be repeated every night during the time the skin is exposed to dry winds. This mixture will be found particularly useful at the seaside, and when travelling by sea.

If the hands freckle, use the mixture with a sponge, and then, while wet, put on old large gloves, and wear them all night. In the morning, while the skin is soft and moist from the application, cut the nails, and carefully

rub the circle, gently pushing back the encroaching ring at the top. Keep the hands warm and dry, and always wash them in warm water. Gloves should always be worn out of doors.

HAIR, THE.

The German method of treating the hair is as follows: twice a month wash the head with a quart of soft water, in which a handful of bran has been boiled, and in which a little white soap has been dissolved. Next rub the yolk of an egg, slightly beaten, into the roots of the hair, let it remain a few minutes, and wash it off thoroughly with pure water, rinsing the head well. Wipe and rub the hair dry with a towel, and comb the hair up from the head, parting it with the fingers. If the hair has been very dry *before* the washing, a little pomatum should be used.

When neglected, the first thing to do is to cut the hair to an even length, and wash the head (not the hair) weekly, at night, with soft water in which ammonia is poured. This may be pretty strong at first, but not so strong as to burn the skin. Afterwards use about three large spoonfuls of ammonia in a basin of water. Apply with a brush, and dry the head well after using. Wear a cotton net nightcap. Be sure to dry it thoroughly before going to sleep. A good colour and strong growth of hair, is only attained by a healthy circulation. The scalp must be stimulated by daily brushing, and by the ammonia bath weekly. Once a month the hair should be cut, to remove the forked ends, which stop its growth.

Change the parting night and morning; never wear the hair long in one mode, and do not wear it at night in the same mode as during daylight hours.

LINT, TO MAKE.

Take a strip of linen, old or new, about 6 or 8 inches long, and of any convenient width—say from 1 to 2 or 3 inches—to constitute the foundation of the future piece of lint. In this state the strands are too hard and too harsh to be tolerated upon an abraded surface, therefore they require to be softened and scraped up into a pile or nap. To do this, place the strip on the knee, over a piece of thick soft cloth, such as coats are made of, or on a pad covered with this substance, and then with a common table-knife commence to scrape the fibre of the linen until it has acquired a woolly appearance. There is some little knack in doing this, but it is soon acquired by practice. The knife should not be too sharp, but with rather a roughish edge. It should be grasped firmly in the right hand (while the strip is held tightly by the left), and with the thumb a little in advance, pressed well down; the blade may be made to work on it as on a pivot. The blade should be placed diagonally to the angle formed by the crossing of the threads, and then pressed firmly down, and by a kind of grinding motion, the upper parts of the thread will be cut or torn, and pushed up into a nap.

SKIN (THE), TO SOFTEN.

Always bathe in tepid water, and always put a bag of bran in the water over-night, if rain-water cannot be obtained. With rain-water, the bran will not be necessary. At night, before going to bed, wash the hands and face with Castile soap and soft warm water. Before drying the skin, rub every part with glycerine, and then dry thoroughly.

If the hands and face are dry and red from exposure, the following preparation will be found of great service:—Dissolve a piece of gum-arabic, the size of a filbert, in a wineglass of boiling water; add a teaspoonful of glycerine or fresh lard, a teaspoonful of eau-de-Cologne, a bit of camphor as large as a pea, and as much carbonate of soda as will cover a threepenny piece. Put all into a bottle, and shake for twenty minutes. After washing the face and hands with Castile soap and warm soft water, and having well rinsed off the soap, apply the above preparation with a bit of soft flannel; dry

gently, without rubbing the skin. In the morning sponge the face and hands with warm water, and, before drying, use a little glycerine. Then dry thoroughly, and use a little fine violet powder. If this treatment of the skin be faithfully pursued each night and morning for one month, the skin of an elderly lady will become soft and delicate as that of an infant, and the complexion of the young will be pure and soft.

If the skin be sallow, apply, for one month, the following preparation:—Put 1 oz. of elderberry-flowers into a stone bottle, with 4 oz. of fresh lard, a bit of camphor the size of a pea, and a tablespoonful of vinegar. Cork the bottle perfectly tight, and plunge it in boiling water; let it remain there, the water constantly boiling, for three hours. Then strain the liquid into a bottle and add 1 oz. of lavender-water, 10 drops of oil of almonds, and 1 oz. of Farina's eau-de-Cologne. Shake well together, and put away for use. At night, before going to bed, well wash the skin with warm water and Castile soap, and then apply the mixture, *after well drying*, with a soft flannel. In the morning wash with warm water and soap again, and dry well; then apply the mixture, rubbing gently. Pass a soft fine napkin over the face, and use a little pearl-powder.

If the skin is wrinkled from age, use the mixture at night in the following manner:—Dip some bits of fine soft linen into the mixture, first putting the bottle into hot water; then bandage the face with these bits of linen, and leave them on all night. When they are removed in the morning, instantly bathe the face in warm water, and while the skin is wet use a little glycerine. Then dry, and use violet powder. This mixture will be found beneficial for eruptions of the skin.

While using the mixture for the face and hands, avoid sitting near the fire, or allowing the hot sun to heat the skin. Always wear a veil when out of doors, and keep the face screened from the heat of the fire.

SWOLLEN JOINTS AND CHILBLAINS.

Take half an ounce each of glycerine and Castile soap; put them into a bottle with 20 drops of spirit of turpentine and the same quantity of spirits of camphor, and add ¼ oz. of gum-arabic and 1 oz. of rain-water. Cork the bottle tightly, and put it in hot (*not boiling*) water. When the water is nearly cold, remove the bottle, and shake it until the mixture becomes white and frothy; then put it away in a warm place. Before using this mixture, the feet should be put into water as warm as can be borne; then dry them, rubbing the swollen joints with a hard towel. After well rubbing the part with the mixture, bandage the parts with some bits of linen, leaving as much of the mixture on as will adhere. In the morning bathe the feet with tepid water (almost cold), and again well rub with the mixture. Cut some bits of linen, and put them on—the mixture will make them adhere; then gently draw on the stocking, and always wear a shoe *longer* than the foot. A shoe too short for the foot pushes back the toes, and makes the joints swell. Always keep the nails cut straight across; but never cut the toenails at the corners.

For chilblains a mixture of glycerine and eau-de-Cologne should always be used in addition to the above preparation, which is also of great use in inflammatory rheumatism.

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